



Salt and Pepper Chicken - Balanced Evening Meal



INGREDIENTS

- 500g skinless, boneless chicken thighs
- 1 teaspoon flaky sea salt
- 1 teaspoon ground black pepper
- 1 tablespoon cornflour
- 1 teaspoon Chinese five-spice powder
- 1 tablespoon olive oil
- 1 tablespoon soy sauce
- 1 tablespoon honey
- 1 white onion, sliced
- 1 red chilli (washed) - seeds removed
- 1 green chilli (washed) - seeds removed
- Sliced spring onion (washed) - to serve
- Cooked brown rice (to serve)

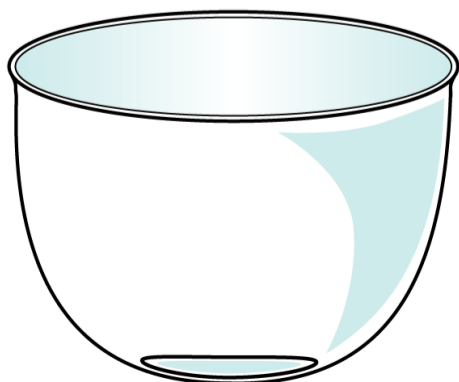


First **wash your hands** with soap and water.



Slice the chicken into strips

Always use a **separate knife and chopping board for raw meat** and **wash your hands** after touching raw meat.



Put the **chicken, cornflour, salt, pepper** and **five-spice** into a mixing bowl.

Mix together thoroughly with a spoon so all the chicken is coated.



Heat the olive oil gently in a pan over a medium heat

Add the contents of the bowl to the pan

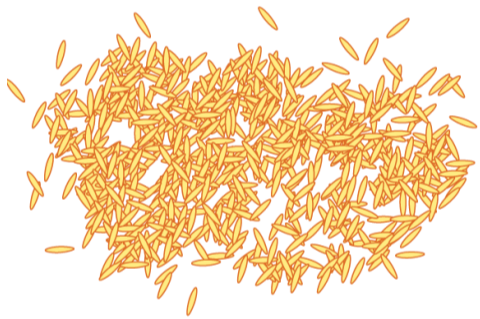
Cook the chicken until golden brown – about 8 minutes



Add the **sliced onions** and **chillies** to the pan

Add **soy sauce** and **honey** to the pan

Stir until cooked through – test the chicken by slicing through one of the pieces



Serve with **rice*** and sprinkle **sliced spring onions** on top for garnish.

Choose **brown rice** which is higher in fibre

*Follow the cooking instructions to boil the rice, or you can use microwave rice

Remember 1 portion = 2-3 tablespoons of cooked rice

If you are worried about your diet and would like more help contact your GP.

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