

Honey Garlic Chicken

PREPPING TIME: 10 MINS

COOKING TIME: 20 MINS



Healthy
UCD

SERVINGS: 2

Ingredients

- 2 chicken breasts
- 1 tsp garlic salt or 1 clove of fresh garlic, minced
- 1 tsp black pepper
- 2 tbsp cornflour (for thickening)
- 2 tbsp cooking oil (for frying)
- 4 tbsp honey and/ or 4 tbsp of sweet chilli sauce
- 1 tsp fresh or minced ginger (optional)
- 2 cloves garlic, minced
- 3 tbsp soy sauce
- Microwaveable rice or boiled rice (as preferred)



Ingredient	Amount	Cost (Tesco)	Aldi	Centra
2 chicken breasts	x2 chicken breast	€3.60	€3.29	€4.00
Garlic salt or fresh garlic, cloves	1 tsp/ 1 clove	€0.25cents/bulb	€0.25cents/bulb	--
Cornflour	2tbsp	€0.075	€0.06	€0.22
Cooking Oil	4tbsp	€0.07	€0.07	--
Honey	4tbsp	€0.4	€0.45	€0.3
Sweet Chilli Sauce	4tbsp	€0.7	€0.5	--
Ginger	1 tsp	€0.06	€0.04	--
Reduced salt soy sauce	3 tbsp	€0.3	€0.25	€0.36
Rice	50-100g	€0.12	€0.1	€0.4
Total cost/recipe		€7.6	€7.30	€
Total cost/serving		€3.80	€3.69	€

Method

1. Prepare the Chicken:

Marinate the chicken with garlic salt (or fresh garlic), black pepper, and cornflour. Mix until the chicken is evenly coated.

2. Fry the Chicken:

Heat the cooking oil in a large frying pan or skillet over medium-high heat.

Fry the marinated chicken pieces until golden brown and cooked through (about 7-10 minutes), turning occasionally to ensure even cooking. Once done, remove from the pan and set aside.

3. Fry any vegetable you have leftover or would like e.g. peppers, broccoli, cauliflower, courgette etc.

4. Prepare the Honey Garlic Sauce:

In the same pan (with any remaining cooking oil and vegetables), add the minced garlic and ginger (if using). Sauté for about 30 seconds to a minute.

Add the honey, sweet chilli, and soy sauce to the pan. Stir well, allowing the sauce to come together. Bring it to a simmer, then reduce the heat to low. Let the sauce thicken slightly (about 2-3 minutes), stirring occasionally.

5. Combine and Serve:

Return the fried chicken to the pan and toss to coat the chicken evenly with the honey garlic sauce. Cook for an additional 2 minutes, ensuring the chicken is well-coated and sticky.

Serve the honey garlic chicken over your preferred rice (microwaveable or boiled). You can sprinkle sesame seeds or chopped spring onions on top for added flavour and texture.



Nutritional Values

	Per Serving	%RI
Energy (kcal)	605 kcal	30%
Fat	18g	29%
of which saturates	3.2g	16%
Carbohydrates	81.9g	28%
Fibre	2.5	10%
Protein	28.2g	66%
Salt	1500mg	48%

Dietary Information



Gluten free



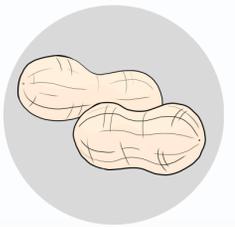
Vegetarian



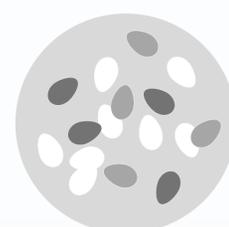
Contains gluten



Vegan



Contains nuts



Contains sesame



May contain nuts



Contains soy



Contains dairy



Contains celery



Contains eggs



Contains fish