

# Crispy Honey Chilli Chicken

Serves 2

## Ingredients

- Rapeseed / Sunflower oil
- 2 large chicken breasts
- Plain flour
- Black pepper, to season
- 1 tbsp Sweet Chilli Sauce
- 2 tsp Soy Sauce
- 80ml water
- Juice of 1 large lemon
- 2 teaspoons cornflour
- 2 tablespoons honey
- A thumb sized piece of ginger
- A handful of spring onions
- 1 large red chilli



**Tasty fake-away recipe.  
Serve with rice or noodles**

## Method

1. Finely slice the ginger and spring onion
2. Cut the chilli into thin strips and remove the seeds.
3. Cut the chicken breast into thin strips. Place in a bowl and add black pepper to season and the plain flour to coat the chicken. Set aside.
4. Juice the lemon into a cup or bowl, add the chilli dipping sauce, soy sauce, water and cornflour and stir together. Leave to one side
5. Using a wok or frying pan heat your oil. You'll want a good amount to deep fry the chicken.
6. Fry the chicken in batches for a few minutes in the hot oil until golden brown and remove to drain on paper towels. Repeat until all the chicken is done
7. Discard all but about a tablespoon of the oil from the wok and gently fry the ginger, spring onion and sliced chilli for a minute or so.
8. Add the honey to the wok and stir whilst it is bubbling away for another minute. Then add the lemon juice, chilli sauce, soy sauce, water and cornflour. Keep stirring and bring to the boil. The sauce will thicken.
9. Add the chicken to the pan to heat through for a few minutes, toss in the sauce to coat then serve