

STICKY CHICKEN THIGH WITH PAK CHOI, SNOW PEAS & CAULIFLOWER RICE

2 persons / 418 kcal per serving

Ingredients:

- 1½ tablespoon Japanese soy sauce
- 1½ tablespoon liquid honey
- 2 tablespoons of oil
- 1 teaspoon Chinese 5 spices
- 200 grams chicken thigh
- 1 clove of garlic
- ½ pak choy
- 2 cm fresh ginger
- 200 grams fresh snow peas
- 200 grams cauliflower rice
- pepper and salt



Preparation:

Mix in a bowl the soy sauce, honey, 1 tablespoon of oil and the Chinese 5 spices into a marinade. Add the chicken and mix well and let it stand for at least 15 minutes in the refrigerator. Preheat the oven to 180°C. Divide the chicken over a baking tray lined with baking paper, pour the marinade over it. Bake in the middle of the oven for approx. 25 minutes. Remove the threads from the snow peas. Finely chop the garlic. Cut the pak choy into small pieces. Peel the ginger and chop finely. Heat 1 tablespoon of oil in a wok and stir fry the snow peas, garlic, pak choy and ginger for 2 minutes. Add the cauliflower rice and stir fry for 2 minutes. Take the chicken out of the oven. Mix the sticky marinade from the baking dish through the stir-fry. Season with pepper and salt. Divide the over the plates.

Nutritional value per portion:

Energy:	418 kcal
Protein:	22.1 grams
Carbohydrates:	22.4 grams
- including sugars:	11.4 grams
Fat:	25.4 grams
Fiber:	5.8 grams
Salt:	3,5 grams