

## **FAKEAWAY – Salt and Pepper Chicken**



This takes just 10 minutes to prepare and 15 minutes to cook! Quicker than ordering a takeaway.

### **Ingredients**

500g skinless, boneless chicken thighs  
1 tsp flaky salt  
1 tsp peppercorns  
1 tbsp cornflour  
1 tsp Chinese 5 spice  
1 tsp sesame seeds  
1 tbsp olive oil  
1 tbsp soy sauce  
1 tbsp honey  
250g pak choi

Sliced spring onions and cooked rice to serve

### **Step One**

Cut the chicken thighs in to strips. Crush the salt and peppercorns and mix with the cornflour and five spice. Add this to the chicken and mix well, ensuring all the chicken gets coated.

### **Step Two**

Toss the sesame seeds in a pan over the medium heat and lightly coat. Do this for a minute then add the olive oil. Add the chicken and cook for 8-9 minutes until golden brown.

### **Step Three**

Mix the soy and honey and tip in the pan along with the pak choi, cook for 2-3 minutes until everything is well coated and cooked through. Serve topped with spring onions and cooked rice. Use a pack of microwave rice for an easy option!!