



Salt and Pepper Chicken

Prep Time: 10 Minutes Cook Time: 40 Minutes Serves 4

This is a great Chinese fakeaway, this version is not packed with oil and calories but still has an amazing flavour.

Ingredients:

8 chicken thighs or drumsticks - all skin removed
1 tbsp sea salt flakes
1 tbsp granulated sweetener
½ tbsp Chinese 5 spice
1 good pinch of chilli flakes depending on how hot you like it
1 tsp ground white pepper
½ red pepper deseeded and chopped
3 spring onions finely chopped
½ onions finely chopped
½ chilli deseeded and finely chopped
Low calorie cooking spray



Method:

1. For the spice mix add salt flakes, sweetener, Chinese 5 spice, chilli flakes and white pepper and mix thoroughly. Sprinkle the chicken thighs with a couple of teaspoons of the spice mix.
2. Place them on a baking tray and cook as per pack instructions (usually around 30 minutes at 190°C).
3. When the chicken is cooked, heat up a wok sprayed with low-calorie cooking spray.
4. Add the spring onions, onion, chilli and peppers to the wok until they start to slightly brown.
5. Add the chicken thighs to the wok with 1-2 table spoons of the spic mix. Keep adding until the desired taste and hotness is reached.
6. Cook through for another 3 or 4 minutes, the serve sprinkled with some finely chopped spring onions.