



Chilli chicken with honey & soy

 Dairy Free

READY IN



10 min.

SERVINGS



2

CALORIES



823 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tbsp olive oil
- ☐ 375 g chicken breast diced uncooked ()
- ☐ 1 bell pepper red
- ☐ 6 half a bunch of spring onions
- ☐ 250 g half a packet of rice noodles
- ☐ 0.5 tsp a pinch of chillies fresh red crushed chopped (chilli in a tube) (from a jar)
- ☐ 3 tbsp soya sauce dark
- ☐ 1 tbsp clear honey

- ☐ 5 savoy cabbage leaves
- ☐ 1 small handful coriander fresh

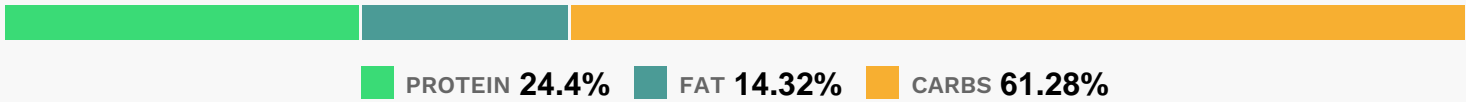
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ wok

Directions

- ☐ Put a kettle of water on to boil. Meanwhile, heat the oil in a wok, tip in the chicken and give it a good stir. Leave it to cook over a high heat while you quarter, seed and slice the pepper. Throw the pepper into the wok when it's ready and stir. Quickly trim the roots from the spring onions (hold them as a bunch and slice off in one go), then cut off the bulbs with a generous length of stem (don't throw away the green leaves).
- ☐ Add the onion bulbs to the pan and stir by now the chicken should be starting to turn from pink to white.
- ☐ Pour boiling water over the rice noodles in a bowl and leave to soak.
- ☐ Spoon the chilli, soy and honey into the wok, then continue cooking while you slice the cabbage into thick strips – slice them as a stack and remove the white spines first if they're tough. Pile on top of the chicken, cover and cook for a minute or so more while you slice the reserved spring onion leaves and roughly chop the coriander. Toss these into the wok and stir well.
- ☐ Serve with the drained rice noodles.

Nutrition Facts



Properties

Glycemic Index:149.14, Glycemic Load:65.81, Inflammation Score:-10, Nutrition Score:40.842173990996%

Flavonoids

Apigenin: 0.42mg, Apigenin: 0.42mg, Apigenin: 0.42mg, Apigenin: 0.42mg Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol:

0.98mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 5.26mg, Quercetin: 5.26mg, Quercetin: 5.26mg, Quercetin: 5.26mg

Nutrients (% of daily need)

Calories: 822.9kcal (41.15%), Fat: 12.91g (19.86%), Saturated Fat: 2.28g (14.24%), Carbohydrates: 124.28g (41.43%), Net Carbohydrates: 117.92g (42.88%), Sugar: 13.86g (15.4%), Cholesterol: 120mg (40%), Sodium: 1979.75mg (86.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 49.49g (98.98%), Vitamin C: 106.17mg (128.69%), Vitamin K: 129.68µg (123.5%), Selenium: 80.01µg (114.31%), Vitamin B3: 21.9mg (109.51%), Vitamin B6: 1.8mg (89.9%), Phosphorus: 676.01mg (67.6%), Vitamin A: 3024.97IU (60.5%), Manganese: 1.04mg (51.84%), Potassium: 1171.37mg (33.47%), Vitamin B5: 3.19mg (31.86%), Folate: 116.26µg (29.06%), Magnesium: 106.71mg (26.68%), Fiber: 6.36g (25.43%), Vitamin B2: 0.36mg (20.91%), Iron: 3.37mg (18.73%), Vitamin B1: 0.27mg (18.06%), Vitamin E: 2.66mg (17.75%), Zinc: 2.62mg (17.44%), Copper: 0.27mg (13.58%), Calcium: 90.57mg (9.06%), Vitamin B12: 0.38µg (6.25%), Vitamin D: 0.19µg (1.25%)