



Sticky Lemon Chicken

10'

Hands on

25'

Cook Time

4

Portion(s)

1

Difficulty



Ingredients

- 3 chicken fillets, cut into strips (breasts or thighs)
- 2 medium lemons, cut into thin slices, seeds removed
- 150 g soy sauce
- 4 cloves of garlic
- 2-3 pieces of fresh ginger
- 4-5 sprigs of rosemary
- 1 tablespoon honey
- 4-5 tbs olive oil
- salt
- pepper
- [basmati rice](#), to serve

Method

- Place a low, wide pan over high heat and immediately add 4-5 tablespoons of olive oil, lemon slices, garlic and ginger.
- These are added for aroma and will be removed before serving.
- Sauté until the lemon slices are golden and caramelized on both sides.
- Transfer to a plate and set them aside until needed.
- Cut the chicken breasts in to pieces. You can also use chicken thighs.
- Add them to the hot pan and sauté over high heat, until golden on all sides.
- Add some freshly ground pepper.... Do not add any salt since soy sauce will be added, which is quite salty.
- When ready, add the soy sauce and stir.
- Add the lemon slices, garlic, ginger, rosemary and honey.
- The honey will balance out the saltiness of the soy sauce and the sourness of the lemon.
- Cover pan, turn down heat to low and simmer for 10-15 minutes.
- Remove lid and simmer for about another 5 minutes, until the sauce has thickened.
- If there is still a lot of liquid in the pan, cook for another 1-2 minutes.
- When ready, remove from heat. Remove the garlic and ginger and discard.
- Serve the sticky lemon chicken over some [basmati rice](#).
- Add about ½ teaspoon of sesame oil and sprinkle with some finely chopped rosemary leaves.
- It's important to add the sesame oil at the end because if you add it while the dish is cooking, it will lose all of its flavor.

Διατροφικός πίνακας

Nutrition information per portion

328 Calories (kcal)	20.0 Total Fat (g)	2.9 Saturated Fat (g)	9.7 Total Carbs (g)
16%	29%	15%	4%
9.0 Sugars (g)	25.0 Protein (g)	0.8 Fibre (g)	4.2 Sodium (g)
10%	50%	3%	70%