



Sticky chilli chicken rice

Prep: 10 minutes • Cook: 20 minutes • Serves: 2



Ingredients

20g unsalted butter
½ onion, finely sliced
1 250g pouch ready-cooked rice
1 dessertspoon olive oil
2 skinless chicken thighs, cut into strips
½ red pepper, deseeded, cut into strips
4 spring onions, trimmed, halved
1 head of pak choi, leaves separated

For the sauce

1 tablespoon sriracha chilli sauce
2 tablespoons runny honey
1 garlic clove, crushed

To serve

1 tablespoon sesame seeds

Nutritional info

Low phosphate ✓
Low potassium ✓
Carbohydrate **46g**
Low protein ✗
Low salt ✓
Low saturated fat ✗
Cost per portion (July 2024) **£2.60**
Energy in kcals **530**

- 1** Melt the butter in a pan over a medium heat and fry the onion slices for 8-10 minutes until they caramelize. Break up the rice, stir it in and cook for 3 minutes. Tip out into a bowl.
- 2** Using the same pan, heat a little olive oil over a medium heat and cook the chicken strips, turning halfway through. Add the pepper and spring onions and cook for a couple of minutes.
- 3** To make the sauce, mix the chilli sauce, honey and crushed garlic together with 2 tablespoons of water. Stir this into the chicken and stir fry over a high heat for 3-4 minutes, until the sauce is thick and sticky.
- 4** Add the pak choi into the pan and cook until wilted.
- 5** To serve, pour the rice into a bowl, followed by the sticky chicken and vegetables. Sprinkle with toasted sesame seeds.