

**GF Friendly**

**Honey Chilli Chicken**  
fried sesame chicken with a sweet chilli sauce

- 2 chicken-breast fillets
- 1 Tbsp light-tasting olive oil
- 25g butter

**Batter:**

- 1 rounded Tbsp rice flour
- 1 egg
- 2 tsps sesame seeds
- 1 tsp minced garlic
- ½ tsp turmeric
- skim milk



Cut the chicken into 2.5 cm cubes (about 1 inch). Mix the batter ingredients together in a bowl and stir in sufficient milk to produce something resembling thickened cream, removing any lumps. Place the cubed chicken in this and fold to coat, then set aside while you prepare the sauce.

**Sauce:**

- |                     |                               |                                      |                   |
|---------------------|-------------------------------|--------------------------------------|-------------------|
| 1 Tbsp Hoisin sauce | 1 Tbsp Soy sauce              | 2 Tbsps honey                        | 1 Tbsp dry sherry |
| 25g butter          | 1 tsp light-tasting olive oil | 2 level tsps cornflour (corn starch) |                   |
| ½ cup skim milk     | ½ tsp chilli powder           |                                      |                   |

Mix the cornflour in a small dish with 4 teaspoons of milk. Put the ingredients except for the milk in a pan and **warm** over a low heat to blend. Stir in the milk, then the blended cornflour and stir constantly until thickened. The sauce should be like a thin gravy. If it seems too thick, add a little water. Once thickened, take off the burner while frying the chicken.

Have a tray lined with baking paper warming in the oven. Melt the butter with the oil in a fry pan or skillet over a medium-high heat. Now fry the chicken cubes in batches to avoid steaming, turning gently until golden brown. Place the cooked chook on the tray in the oven to keep warm.

Plates can now go in for warming while reheating the sauce to just boiling (you can add more water if necessary). Divide the chook onto the warmed plates and drizzle with sauce.

Serves 4 with rice and vegetables

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