



CHICKEN AND BROCCOLI

Ingredients

- 300g long-grain rice
- 700g broccoli, cut into bite-sized florets
- 2 tbsp light soy sauce
- 2 tbsp hoisin sauce
- ½ lime, juiced
- 2 tsp clear honey
- 1 tsp crushed chillies
- 1 tbsp cornflour
- ½ tsp ground white pepper
- ½ chicken stock cube, made up to 200ml, left to cool
- 1 tbsp sesame oil
- 400g boneless chicken thighs, cut into 3cm pieces
- 100g bunch spring onions, thinly sliced
- 2 garlic cloves, finely chopped
- 6cm piece ginger, peeled and finely chopped
- 1 tbsp sesame seeds

Method

Cook the rice to pack instructions, then cover the pan to keep warm. Meanwhile, steam the broccoli for 6-8 mins until just tender. Whisk the soy, hoisin, lime juice, honey, chilli, cornflour, pepper and stock in a bowl, then set aside.

Heat the sesame oil in a large frying pan until very hot. Sear the chicken for 1-2 mins, without moving, until lightly browned. Stir and cook for another 2-3 mins until browned on all sides and cooked through. Transfer to a plate.

Set 2 tbsp spring onions aside and add the rest to the pan along with the garlic and ginger. Cook for 2 mins, stirring frequently, until fragrant and just softened.

Reduce the heat to medium-low, stir in the soy sauce mixture, then cook for 2 mins to thicken. Add the cooked chicken and broccoli to the pan and gently coat in the sauce. Divide the rice between 4 plates, top with the chicken and broccoli. Scatter with the sesame seeds and reserved spring onions to serve.