

## Lemon chicken stir-fry



Prep: 20 mins  
Cook: 10 mins



Easy



Serves 4



### Ingredients

2 tsp honey

2 lemons, juiced

150ml chicken stock

2 tbsp soy sauce

4 chicken breasts, cut into chunks

1 tbsp cornflour

1 tsp vegetable oil

2 carrots, finely sliced

1 red pepper, cut into chunks

140g sugar snap peas

### Method

**Step 1** In a jug, mix together the honey, lemon, stock and soy, then set aside. Toss the chicken in the cornflour so it's completely coated. Heat the oil in a non-stick frying pan, then fry the chicken until it changes colour and starts to become crisp around the edges.

**Step 2** Add the carrots and red pepper, then fry for 1 min more. Pour the stock into the pan, bring to a simmer, then add the sugar snap peas and bubble everything together for 5-10 mins until the chicken is cooked and the veg are tender. Serve with noodles.