Dinner

# Quick Sichuan Pepper Chicken

Strips of chicken are quickly stir fried with chilli, ginger and garlic, then tossed with five spice, sesame seeds and tomato puree and finished with a zesty lemon and pepper drizzle.



Low sugar

| 15 min | 198 | 2.5 g | 1.8 g |
|---|---|---|---|
| time | calories | carbs | sugars |

## Ingredients, 3 servings

- [ ] 1 tsp Szechuan/Sichuan pepper
- [ ] juice half lemon
- [ ] 2 tsp rapeseed oil
- [ ] 350 g chicken breast, cut into strips
- [ ] 1 small red chilli, sliced into rings
- [ ] 4 cm fresh ginger, finely chopped
- [ ] 2 garlic cloves, sliced
- [ ] 3 spring onions, cut into pieces
- [ ] 1 heaped tsp Chinese five-spice powder
- [ ] 20 g sesame seeds
- [ ] 1 tbsp tomato puree

## Method

- [ ] **1** Put the Szechuan/Sichuan pepper into a cup with the juice of half a lemon and leave to one side.
- [ ] **2** Heat the rapeseed oil in a wok or frying pan, add the chicken breast strips and stir constantly for 3-4 minutes until lightly browned on the outside.
- [ ] **3** Tip in the red chilli rings, chopped fresh ginger and sliced garlic cloves and mix everything for 2 minutes.
- [ ] **4** Stir in the spring onion pieces, Chinese five spice powder, sesame seeds and tomato puree, mix well and cook for a further 2 minutes, then add 1-2 tbsp water, take off the heat and turn the chicken so it gets coated.
- [ ] **5** Pile into a serving dish and sprinkle over the reserved lemon and pepper mixture.

## Nutrition Facts

Per serving

| | |
|---|---|
| **Calories** | **198** |
| **Total fat** | 7.2 g |
| Saturated fat | 1.2 g |
| **Sodium** | Not listed |
| **Total carbs** | 2.5 g |
| Fiber | 1.4 g |
| Total sugars | 1.8 g |
| **Protein** | 30.1 g |

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