

PONZU CHICKEN



QUICK



HEALTHY

Chicken is a low fat protein. It contains vitamin B6 which assists in the production of insulin & white and red blood cells.

FAMILY

Feeds 5 with sauce ready for another meal

MEALS

Delicious served with brown rice and steamed vegetables

INGREDIENTS

- 8 boned and skinned chicken thighs
- 2 spring onions
- Optional - sesame seeds

SAUCE INGREDIENTS

- 4 limes
- 2 lemons
- 80 ml mirin
- 100 ml soy sauce
- Salt and pepper

METHOD

1. Put the oven onto 200 °C (Fan oven)
2. Lay the thighs on a tray and season with S&P
3. Cover with foil and cook for 15 minutes
4. Whilst the chicken is cooking, make the sauce
5. Mix lime juice, lemon juice, soy and mirin in a jar
6. Cut the spring onions
7. Take out the thighs and cut into strips
8. Put onto your serving dish and pour over ½ the dressing (remember to save ½ in the fridge for a quicker meal next time)
9. Sprinkle the spring onion over the top (and sesame seeds if using)



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To watch a video showing how this is made or to explore more Quick Healthy Family Meal ideas go to www.quickhealthyfamilymeals.com