

MUSTARD, GINGER & SESAME SEED CHICKEN



QUICK

About 5 mins prep time

HEALTHY

Sesame seeds are an excellent source of copper, which helps make red blood cells and keep nerve cells and your immune system healthy

FAMILY



MEALS

Serve with brown rice or cous cous and steamed green vegetables or salad

INGREDIENTS

- 5 chicken thighs
- 50 ml soy sauce
- 50 ml water
- 2 cm fresh ginger
- 2 garlic cloves
- 1 tbs sesame seeds
- 1 level tbs Dijon mustard

METHOD

- 1) Heat the oven to 180°C (Fan)
- 2) Pour water and soy sauce into a measuring jug
- 3) Peel ginger and mince or grate it – add to the jug
- 4) Add the sesame seeds
- 5) Add the mustard
- 6) Put the chicken thighs into an ovenproof dish
- 7) Pour the sauce over
- 8) Cook for 30 minutes



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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