



ELLIE'S CHINESE CHICKEN WRAPS



QUICK

 Less than 15 mins to prep plus cooking time


HEALTHY

 The carrot and pepper both contain Vitamin A, which is needed to maintain a healthy immune system

FAMILY

 Feeds 5

MEALS

 This is a dish that is so easy my daughter Ellie made it when she was 11 years old

INGREDIENTS

- 10 skinless & boneless chicken thighs
- 2 garlic cloves
- 3 cm fresh ginger
- 3 tbs hoi sin sauce*
- 3 tbs soy sauce
- 2 tbs Chinese rice vinegar
- 1 tsp sesame oil
- 2 large carrots - grated
- 1 red pepper or tomatoes chopped
- Wraps – wholemeal tortilla wraps or romaine lettuce (1 or 2 wraps each)

NB – Please note sugar content – they vary widely between sauces.

I use the Wing Yip one

METHOD

- 1) Heat the oven to 180°
- 2) Lay the chicken thighs out – open - on a lined baking tray
- 3) Mince the peeled ginger and garlic
- 4) In a jar or measuring jug, mix the sauce ingredients - the garlic, ginger, hoi sin sauce, soy sauce, Chinese rice vinegar & sesame oil
- 5) Mix well, then pour the sauce over the thighs
- 6) Bake in the oven for 15-20 mins uncovered
- 7) Grate your carrot and dice the pepper
- 8) When cooked, slice the chicken into fingers
- 9) Place the chicken and veg into a wrap, roll it up with some of the cooked juice
- 10) Enjoy



@quickhealthyfamilymeals

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