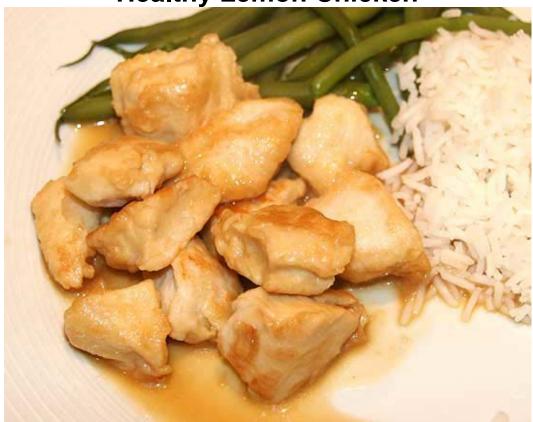# Healthy Lemon Chicken

Serves 2   **Prep 15 mins**   **Cooking 10 mins**   **Easy**

Ingredients
1 egg white
1 tbsp cornflour
2 chicken breasts, skinless and boneless, diced
70ml chicken stock
1 lemon, juiced
2 tsp sugar
2 tsp light soy sauce
2 tsp rice wine
1 tsp sunflower oil

1. Mix the egg white and cornflour together. This will go lumpy initially but keep going and it will mix properly after a few minutes.

2. Add the chicken slices, stir to coat all the chicken, cover and chill for 30 minutes

3. Mix together the stock, lemon juice, sugar, soy sauce and rice wine, set to one side.

4. Heat up the sunflower oil in a non stick wok or frying pan, add the chopped garlic and stir fry for 1 minute, add the chicken a piece at a time to stop it all sticking together and stir fry for around 5 minutes until cooked.

5. Add the stock mixture, bring to a simmer and cook for 2-3 minutes until the liquid has reduced, one final stir and serve

6. Serve with noodles or rice and steamed green vegetables.