

# Wok de Poulet aux Miel



**Serves 3**

**Prep 10 mins**

**Cooking 10 mins**

**Easy**

## **Ingredients**

2 pieces chicken breast  
salad leaves  
1 tbsp lemon juice  
3 tbsp honey  
1 tbsp maizena or corn flour  
1 tbsp soy sauce  
1-2 tbsp olive oil  
freshly ground pepper

1. Prepare the sauce. In a bowl, mix the honey, the pepper, the lemon juice, the soy sauce and the corn flour. Cut the chicken into cubes.
2. Heat the oil in a wok or frying pan and quickly brown the chicken on all sides on a high heat initially, then lower the heat and pour in the honey mixture. Continue to simmer on a medium heat, stirring constantly until the chicken pieces have caramelised and covered in sauce.
3. Take the wok off the heat and cover while waiting to serve with some salad leaves.