



## LEMON, GINGER CHICKEN

### **ALLERGIES:**

No grains  
No dairy  
No eggs  
No gluten  
No nuts  
Low disaccharides

**Prep time:** 15 mins

**Cook time:** 40 mins

**Serves:**4

### **INGREDIENTS**

- 4 chicken thighs cut into bite size pieces
- 2 medium zucchini, cut thinly lengthwise
- 2 tbs coconut oil
- 1 medium lemon, very thinly sliced (skin on remove seeds)
- 1 tbsp fresh ginger, grated
- 1 tsp salt, pepper to taste
- 1 tbsp honey (or other sweetener)



### ***SAUCE***

- 1 can (400mls) coconut milk
- 1/2 cup coconut flour
- 1 tsp salt

### ***GARNISH***

- Toasted sesame seeds

### **METHOD**

Preset oven to 180°C (350°F).

- Heat oil in deep pan on stove top, then add lemon, ginger and salt.
- Fry stirring for 10 minutes, then add honey.
- Cook another 3-5 minutes stirring, then put lemon into dish and set aside.
- Add chicken to the juices in the pan and cook for 10 minutes, stirring.
- Once half cooked place chicken into base of 15cm x 20cm (8" x 10") ovenproof dish.
- Evenly place lemon pieces over the chicken.
- Combine sauce ingredients in a saucepan (I use a thermomix) and bring to the boil stirring. Cook for 3-5 minutes until thickened.
- Spread half of the sauce over the lemons, place layers of zucchini on top, and then spread the rest of the sauce over the top.
- Sprinkle with toasted sesame seeds, and bake in oven for 30 minutes.
- Serve as a main dish, or with salad or vegetables of choice.