



CHICKEN, LIME AND GARLIC

ALLERGIES:

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

Prep time: 10 mins

Cook time: 20-30 mins

Serves: 2



INGREDIENTS

- 3 boneless chicken thighs, cut into halves
- 1 tsp garlic, crushed
- 1 tsp ginger, grated
- juice of 1 small lime
- 1 tbsp rice malt syrup (or honey)
- 1 tbsp oil
- 2 green onions, thinly sliced
- 1 tsp pink rock salt
- black pepper

METHOD

- Heat oil in frying pan on medium high.
- Add garlic, ginger, lime juice, rice malt syrup and green onions.
- Simmer for 2-3 minutes and add chicken thighs.
- Cook for 15 minutes on one side, turn and simmer until liquid reduces.
- Serve with sauce on top.