



CHILLI AND LEMONGRASS CHICKEN

ALLERGIES:

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

Prep time: 10 mins

Cook time: 30 mins

Serves: 4

INGREDIENTS

- 8 boneless chicken thighs
- 1 tbsp finely chopped lemongrass
- 3 kaffir lime leaves, finely chopped
- Juice of 1 lime
- 2 tsp crushed garlic
- ½ cup sweet chilli sauce
- ½ cup water
- 2 tbsp gluten free fish sauce
- ¼ tsp pink rock salt
- ¼ - ½ tsp chilli flakes (optional)
- 3-4 large kale leaves, deveined

METHOD

Preheat oven to 180°C.

Lightly grease the base of large baking dish.

In a bowl, combine lemongrass, lime leaves, lime juice, garlic, chilli sauce, water, fish sauce, and salt.

Lay kale leaves over the base of prepared pan.

Place chicken pieces onto the kale, then pour sauce over the top.

Sprinkle with chilli flakes if desired.

Bake in oven for 30 minutes or until chicken is cooked through.

Serve with cauliflower rice or mashed potato.

