

# GINGER CHICKEN

SERVES 4

1 tbsp olive oil or coconut oil  
4 boneless chicken breasts (skin removed)  
1 tbsp clear honey  
1 tbsp tamari (soy sauce)  
2 garlic cloves, crushed  
2 cm piece of fresh ginger, finely chopped  
Juice and zest of one large orange  
225g button mushrooms, washed and halved  
2 bunches spring onions, trimmed and halved  
100g broccoli, cut into small florets

Preheat the oven to 190°C.

Heat the oil in a frying pan and pan fry the chicken for a couple of minutes, then transfer to oven-proof dish.

Mix together the honey, tamari, garlic, ginger, and orange zest and juice and pour over the chicken.

Season with sea salt and freshly ground black pepper, and bake for 10 mins. Add the mushrooms, spring onions and broccoli florets, baste and replace in oven for a further 15 mins or until cooked through. Serve with cauliflower rice (see recipe on page 7) or 40g brown basmati rice.

