



Did you know  
chicken has a total  
carbohydrate count  
of 0, contains no  
trans fat, and is low  
in sodium.



# SALT & PEPPER CHICKEN

SERVES: 2

TOTAL TIME: 25 MINUTES

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## INGREDIENTS

35g plain flour  
2 tsp sea salt flakes  
2 tsp Chinese five spice  
1 tsp black pepper  
2 x 200g chicken breasts, sliced into strips  
3 tbsp vegetable oil  
3 cloves garlic, diced  
2 sprigs spring onion, diced  
2 long red chilli, diced

## INSTRUCTIONS

Add the flour, sea salt flakes, Chinese five spice and black pepper to a large bowl and toss to combine.

Submerge the chicken slices in the flour mix and ensure all pieces are well coated.

Next, add the oil to a large skillet. Bring the pan to high heat and once the oil is sizzling, add the chicken and cook, flipping regularly for about 7 minutes.

Add the garlic, spring onion and chillies. Cook for another 5 minutes or until chicken is cooked through and golden.

Once cooked, place chicken on some paper towel to absorb the excess juice, then serve hot.

Optional: serve with white rice.

### MACROS PER PORTION

CALORIES	390	PROTEIN	25
CARBS	14	FATS	26
FIBRE	0		