

Chinese chicken parcels



Serves: 8

Time

Preparation time 10 minutes

Marinate at least 30 minutes

Cooking time 20 minutes

Ingredients

- 480g skinless chicken thigh fillets
- 30ml low-salt soy sauce
- 1 tablespoon grated fresh ginger
- 1 garlic clove, peeled and crushed
- 1 teaspoon honey
- juice of $\frac{1}{2}$ a lime
- pinch dried chilli flakes

To serve

- 2 little gem lettuces (or $\frac{1}{2}$ an iceberg lettuce), stalk removed and leaves washed.
- 30g fresh coriander, finely chopped

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Method

1. Trim all visible fat from the chicken thighs, then cut into 1 cm pieces.
2. Pour soy sauce into a medium size bowl, add grated ginger, crushed garlic, honey, lime juice and chilli flakes, then mix well.
3. Drop the chicken pieces into the marinade, cover and refrigerate for at least 30 minutes.
4. Preheat the oven to 170°C or gas mark 3.
5. Tip the chicken and marinade into a roasting dish and cook for 8–10 minutes.
6. Carefully remove the cooked chicken from the oven and drain all the liquid into a small saucepan (cover the chicken with tinfoil to keep warm).
7. Boil the liquid for a few minutes allowing it to reduce by about half. Pour the reduced sauce back over the chicken and stir well.
8. Spoon the hot sticky chicken into lettuce leaves, sprinkle with coriander and serve.