



# Lemon Chicken with Cashews and Broccoli

Prep: 15 minutes    Cooking: 15 mins

## Ingredients

- 1 tbsp olive oil
- 300g chicken breast fillets
- 2 garlic cloves, sliced
- 200g broccoli
- 200ml chicken stock (salt reduced)
- 1 heaped tsp cornflour
- 1 tbsp clear honey
- Zest of half a lemon and the juice of a whole one
- A handful of roasted cashews

## Method

- Heat the oil in a large frying pan or wok.
- Add the chicken and fry for 3-4 minutes until golden.
- Remove from the pan and add the garlic and broccoli.
- Stir-fry for a minute or so then cover and cook for 2 minutes more, until almost tender.
- Mix the stock, cornflour and honey, then pour into the pan and stir until thickened.
- Tip the chicken back into the pan and let it heat through, and then add the lemon zest and juice, and cashew nuts.
- Stir, and then serve with basmati rice.

