

# Lorraine's Sticky Chicken

Serves 2 210Kcal

## Ingredients

2 Chicken fillets  
6 Mushrooms  
1 red pepper  
1 tsp ginger powder  
1 tsp onion powder  
Half tsp paprika  
Half tsp cumin  
4 tbs Golden syrup  
1 tbs soy sauce  
1 tbs tomato puree  
2 tbs worchester sauce  
100ml water



## Method

Add chicken, mushrooms and peppers and all the spices to a pan and cook until golden. Remove the chicken from the pan and leave aside.

Add all the wet ingredients to the same pan. Bring to the boil and simmer until the sauce thickens. Add back in the chicken and stir until heated through and golden. Serve with rice adding additional calories as needed.