

# Honey lemon chicken with noodles

SERVES 4 PREP 10mins COOK 15mins **EASY**



**Low  
saturated  
fat**

*\* This dish is equally delicious cold. Store in the fridge and eat within 48 hours*

- 450g The Co-operative Healthy Living Elmwood British skinless chicken breast fillets, cut into bite-size pieces
- 2 lemons, rind grated and juiced
- 3 tbsp clear honey
- 3 tbsp fresh basil leaves, torn
- black pepper
- 200g The Co-operative free-range egg noodles
- 400g The Co-operative Truly Irresistible tenderstem broccoli

**1** Put the chicken in a shallow, non-metallic dish. Mix the lemon rind and juice, honey, basil and pepper. Pour over the chicken and coat. Cover and chill for at least 20 mins.  
**2** Preheat the grill to high. Transfer the mixture to a roasting tin, and grill for 8-10 mins, turning once. Ensure the chicken is cooked by inserting a sharp knife in the centre. If the juices run clear, it's cooked. If still pink, return to the grill for 3 mins, then test again. Remove the roasting tin and cover with foil.

**3** Add the noodles to a large pan of boiling water. Sit a colander on top and put the broccoli in it. Cook for 4 mins. Remove the colander and drain the noodles. Toss with the chicken and serve.

<b>Calories</b> 270	<b>Fat</b> 3.5g	<b>Sat Fat</b> 0.9g	<b>Sugars</b> 12.4g	<b>Salt</b> 0.6g
approx. per serving				
✓ 1 of your 5-a-day				

The **co-operative**  
good with food