**Chili Chicken**

Prep time: 5 min Cook time: 15 min

**Ingredients:**

* 250 grams chicken tenderloin
* ½ tsp pepper
* 1 tbsp maida
* 1 tbsp sunflower oil
* 1 tbsp sesame oil
* 2 cloves garlic, minced
* 1 tsp ginger, grated
* ½ tsp red chili powder
* 1 tsp soy sauce
* 1 tbsp honey
* 1 tbsp lemon juice
* 1 cup water
* Low sodium salt, to taste

**Instructions:**

1. In a bowl, add the chicken, then season with salt, pepper, and maida. Mix well to coat evenly.
2. Heat sunflower oil in a pan over medium heat. Add the chicken and cook for 4 minutes, stirring frequently. Remove the chicken and set aside.
3. In the same pan, add sesame oil and heat. Add garlic and ginger, and sauté for a few seconds until fragrant.
4. Stir in the chili powder, soy sauce, water, and honey. Mix well and simmer for 2 minutes.
5. Add the lemon juice and return the chicken to the pan. Stir well to coat the chicken in the sauce, then cover the pan.
6. Cook for 10 minutes, stirring occasionally, until the chicken is fully cooked and coated in the sauce.
7. Remove from heat and serve hot with rice or noodles.