**Garlic Chicken**

Prep time: 10 min Cook time: 25 min

**Ingredients:**

* 250 grams chicken breast, cut to bite size pieces
* 5 cloves garlic, minced
* 2 tbsp soy sauce
* 2 tbsp honey
* 1 tbsp corn flour
* 2 tbsp sunflower oil
* 1 spring onion, chopped
* Low sodium salt to taste

**Instructions:**

1. In a bowl, mix together garlic, soy sauce, honey, corn flour, and 1 tbsp oil until well combined.
2. Heat 1 tbsp oil in a pan over medium heat. Add the chicken and the prepared mixture, then cook for 2-3 minutes, stirring frequently.
3. Add 1 cup of water, cover the pan, and cook for 20 minutes, or until the chicken is fully cooked and tender.
4. Remove from heat and serve hot with rice or noodles.