

AUNTY MAY'S GARLIC CHICKEN WITH SPICY CARROTS



1. Cut up the chicken breasts into chunks. Rough chop the garlic and put the chicken and garlic to soak in a bowl with the milk. Leave for at least half an hour, or longer, for more flavour.

2. Peel and cross cut the carrots and put into a frying pan on medium heat with the star anise, dried chillies and a little salt. Keep them moving and cook for just 2 or 3 minutes.

3. Dry the chicken chunks on kitchen paper and fry gently with the pieces of garlic in a little oil until browned on all sides. Serve with the carrots and make a sauce by mixing some chopped thyme and parsley into some natural yoghurt. Spoon the sauce over the carrots and sprinkle some toasted pumpkin seeds on top. Enjoy!

PREP 10 mins - **COOK** 10 mins

INGREDIENTS: for 2 people

- 2 chicken breasts
- 1 big glass of milk
- 4 pieces of garlic
- 2 or 3 carrots
- 2 dried chillies
- 4 or 5 whole star anise
- Olive oil
- Natural yoghurt
- Fresh or dried thyme
- Pumpkin seeds
- Fresh parsley
- Salt and pepper

LOVE HEART FOOD

