Tea-Poached CHicken

3 - 5 meals | 25 min

# Ingredients

5L of Water

6 Star Anise

2/3 cup Honey

10 Good Quality Black Tea Bags (with the tags removed)

3.5kg Chicken Breast (whole)

# Directions

Bring the water, star anise, and honey to the boil in a large saucepan.

Add the tea bags and steep for 10 minutes.

Discard tea bags and reduce heat to low.

Add chicken and simmer until cooked through, turning once (approximately 20 min in total).

Take out of pan and leave on a dish to cool.

Slice and store in meal sized portions in your freezer.

Serve with rice and steamed veggies with a creamy sesame dressing, over a salad with an Asian dressing, shred and use in rice paper rolls or sushi.

# Notes