

Chicken Stir Fry



This Chinese Chicken Recipe is simple to make but it gives a very tasty, attractive and nutritious meal. The chicken should be marinated for an hour or two before cooking but actual cooking time is only 12 minutes.

Serve it with a few colourful vegetables and a mix of American and wild rice and you have a dish that any chef would be proud of.

Key Points

How Difficult	Preparation Time:	Cooking Time:	Servings:	Freeze?
Easy	2 hrs marinade	12 mins	2 portions	No
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Ingredients

The basic ingredients are shown below. We also served ours with bean sprouts, diced red pepper and ready mixed American and wild rice. The recipe includes these ingredients.



Metric	Imperial
2 chicken breasts	2 chicken breasts
½ heaped teaspoon of sweet chilli	½ heaped teaspoon of sweet chilli
¼ a cup of chicken stock (1 chicken stock cube dissolved)	¼ a cup of chicken stock (1 chicken stock cube dissolved)
¼ teaspoon Chinese 5 Spice seasoning	¼ teaspoon Chinese 5 Spice seasoning
¼ a teaspoon ground ginger	¼ a teaspoon ground ginger
½ desertspoon Soy sauce	½ desertspoon Soy sauce
3 desertspoons olive oil	3 desertspoons olive oil
½ red pepper	½ red pepper
75 g bean sprouts	2.5 oz bean sprouts
½ cup of frozen peas	½ cup of frozen peas
100 g long grain rice	3.5 oz long grain rice

What Special Kitchen Equipment

Medium-sized, wok [frying pan do as a substitute], spatula, ladle, paring knife, bowl, sieve

Method



Trim off any fat from the chicken breasts and dice them into cubes approximately 2 to 3 cm (1 inch) square.

If you have fresh chicken stock pour that into a medium sized bowl. If not dissolve a chicken stock cube in half a cup of water and pour that into the bowl. Add the sweet chilli, ground ginger, Chinese five spice, olive oil and soy sauce to the bowl and mix well with a fork.

Add the chicken stock, cover the bowl and place it in the fridge for one to two hours (the longer the better).



Put the rice on to cook so that it will be ready at approximately the same time as the Chinese Chicken is ready. Slice the red pepper in half, remove the white inner pith and pips and chop into small pieces.

Turn on the hot plate to its highest temperature a minute before taking the chicken from the fridge. When the hot plate is piping hot, place the wok on it and add the entire contents of the chicken marinade. Fry for eight minutes turning the chicken every minute or so.

Now add the bean sprouts, chopped pepper, and frozen peas (the peas can be added to the rice which should still be cooking if you prefer). Stir the ingredients gently, cooking for a further four minutes.



Drain the rice and serve it with the Chinese Chicken straight from the pan. There will be a small amount of cooking juices in the pan which should be spooned over the chicken.

