

Chicken & Water Chestnuts

Ingredients

- 600g Chicken (2 medium breasts)
- 100g diced frozen onion
- 200g Sweet (Bell) Peppers
- 225g tin Water Chestnuts
- 1 Clove Garlic
- 2 x 120g bags Blue Dragon Hoisin Sauce
- Knob of butter

Options

- Ok, ok, I know. We should make our own Hoisin Sauce – but it's lots of ingredients and a hassle. The Blue Dragon sauces are quick, easy and actually quite good!
- Can also be done with duck breast or fillet steak for a special occasion.



Equipment

- Sharp knife
- Very Sharp Knife
- 2 Large Saucepans
- Spatula
- Ice Cream Scoop

Preparation

You want to get as much ready as possible before you start working with the raw chicken

- Chunky dice the onion and peppers
- Fine dice the garlic
- Drain the water chestnuts
- Get your other ingredients to hand
- Slice the chicken into thin(ish) strips

Note

This meal does not really fit the principles of Marion's Meals as it has a flavoured sauce, but she was willing to try. Marion gave it a reluctant "ok, but not too bothered about having it again!"

Method

Add a knob of butter or some vegetable oil to the saucepan and soften the onions for about 5 minutes.

Meanwhile, put another knob of butter in the second saucepan and add the chicken strips.

Remember the cooking sauce will be quite salty so take care not to add too much extra salt – if any!

Keep turning the chicken for about 10 minutes until sealed on all sides. If you leave it for more than 10 minutes, the chicken will be nearly fully cooked but that's ok as it will keep moist and will have plenty sauce.

Add the water chestnuts, garlic and peppers to the onions and soften for a further 5 minutes.

Note: Cheap chicken gives off a lot of water and white gunk and we don't want to use that!

Use a slotted spoon to transfer the chicken to the vegetable pot.

Add the two packs of Hoisin Sauce and mix it all together.

Keep the pot on a low heat until the sauce starts to bubble gently. Do not overcook.

Simple as that!

Generally, I would serve this with fried or boiled rice. Again, it's easy to cook your own rice but Ben's Rice in the pouch takes only 2 minutes in the microwave.

I've also served it with potato on the side.

Portions

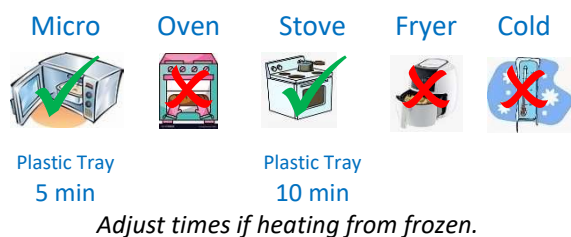
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|--------------------|---------------|
| Number of portions | 3 |
| Final Portion Size | 300g |
| Storage Container | Large Plastic |

Storage

This can be served fresh but also ideal for freezing in large plastic tubs for individual portions.

Heating & Serving

Heating instructions from fresh are a guide only.



Be sure the meal is piping hot before serving.

Leave in plastic tray for microwave heating.

Transfer plastic tray contents to pot for stove top.

You may need to add a splash of water when reheating.

**Once defrosted, consume within 24 hours.
Do not refreeze.**



Techniques & Principles

Some of the basic techniques and principles are detailed elsewhere as, once you know them, you will have little need to refer back to them.

It reduces the clutter in the recipe sheet!

- Dicing and Slicing Onions
- Dicing and Slicing Bell Peppers
- Using a Sharp Knife

Slicing Chicken

Use a fork to hold the chicken breast slice into strips with a very sharp knife.

Transfer from the chopping board directly into the saucepan.

Safety Tip

Reduce the Risk of Cross-Contamination & Food Poisoning

Do not wash the chicken.
Put the chopping board, fork and knife right into the dishwasher or a basin of hot water.
Wash your hands.



*Slice into thin strips
using a very sharp knife.*



*Get the onions, peppers
and garlic on to soften.*