

SPICY KUNG PAO CHICKEN WITH RICE

INGREDIENTS

1 BROWN ONION	1 GREEN PEPPER
1 RED PEPPER	2 GARLIC CLOVES
1 TBSP CORNFLOUR	25G PEANUTS
25G CHILLI JAM	1TSP GROUND CORIANDER
1/2 TEASPOON CHILLI FLAKES	30ML SOY SAUCE
15G FRESH GINGER	250G CHICKEN BREAST
130G BASMATI RICE	15ML SESAME OIL

HOW TO MAKE

GRATE THE GARLIC AND GINGER

PEEL AND ROUGHLY SLICE THE BROWN ONION, DESEED THE PEPPERS AND CUT INTO LARGE BITE SIZE PIECES.

CUT THE CHICKEN BREAST INTO BITE SIZE PORTIONS

WASH THE BASMATI RICE AND 300ML COLD WATER TO A POT WITH A LID AND BRING TO A BOIL OVER A HIGH HEAT. ONCE BOILING REDUCE TO A LOW HEAT AND COOK COVERED FOR 10-12 MINUTES OR UNTIL ALL THE WATER IS ABSORBED AND THE RICE IS COOKED. ONCE COOKED REMOVE FROM THE HEAT AND KEEP COVERED UNTIL SERVING.

WHILE THE RICE IS COOKING, HEAT A LARGE WIDE BASED PAN WITH A DRIZZLE OF OIL - ADD THIS CHICKEN PIECES TO IT AND COOK FOR 3-4 MINS OR UNTIL BROWNED ALL OVER.

ONCE THE CHICKEN IS BROWNED, ADD THE GARLIC AND GINGER AND COOK FOR 1 MINUTE.

THEN ADD THE PEPPERS AND ONION AND COOKED FOR 3-4 MINS OR UNTIL BEGINNING TO SOFTEN.

MEANWHILE COMBINE THE CORNFLOUR, SESAME OIL, SOY SAUCE AND CHILLI JAM IN A BOWL WITH 150ML COLD WATER AND GIVE IT A GOOD MIX - THIS IS YOUR KUNG PAO SAUCE.

ONCE THE VEG HAS SOFTENED ADD THE PEANUTS, GROUND CORIANDER AND CHILLI FLAKES AND A GOOD GRIND OF BLACK PEPPER. COOK FOR 2-3 MINS ADD THE KUNG PAO SAUCE TO THE PAN AND COOK FOR 3-4 MIN FURTHER OR UNTIL THE SAUCE HAS THICKENED AND THE CHICKEN IS COOKED THROUGH SERVE ON TOP OF THE RICE

SERVINGS 2

NUTRITIONAL INFO

CALORIES 539 KCAL | FAT 10G | CARBS 72G | PROTEIN 43G

enjoy