

CHINESE TAKEAWAY: SWEET & SOUR CHICKEN

Ingredients

2x chicken breasts or 4x chicken thighs
2x cloves garlic
1x thumb size piece ginger
2 tablespoons tomato puree/paste
1 tablespoon soy sauce
1-2 teaspoons brown sugar
1 tablespoon cornflour
Tin of pineapple rings/chunks with juice
1x carrot
1x onion
1x bell pepper
Pinch of pepper
Pinch of Chinese Five Spice
Cooking oil

Method

1. Cut the chicken into bitesize pieces and place into a bowl. Remember to wash your hands!
2. In a large frying pan, heat a tablespoon of cooking oil on medium heat until it is hot. Add the chicken and fry on a medium heat until it is lightly browned all over. Remove the chicken from the pan and put back into the bowl.
3. Into the frying pan, add the onions, carrots and peppers all at once. Fry for 5 minutes until slightly soft.
4. Add the garlic and ginger and stir until fragrant – about 1 minute. Add the tomato paste, soy sauce and cornflour and stir for 30 seconds. Open the tin of pineapple and add the chunks and the juice.
5. Add the chicken pieces into the pan with the sauce. Stir gently and wait for it to boil. Reduce the heat to low, and simmer for 5-10 minutes until the sauce it stick and the chicken is cooked through.

CHINESE TAKEAWAY: EGG-FRIED RICE

Ingredients

1x packet long grain microwave rice

1x egg, beaten

Handful of frozen peas

Handful of frozen/tinned sweetcorn

1x spring onion, chopped

Method

1. Heat a frying pan on high heat and allow to get nice and hot – don't add oil until you are ready to cook.
2. Once the pan is hot, add a tablespoon of cooking oil followed by the egg. Stir and scramble the egg with a spoon until it is cooked.
3. Add the packet rice straight from the pouch (do not microwave it) and stir until the egg is mixed throughout.
4. Add in the frozen peas and sweetcorn and stir the rice constantly for 30 seconds until they have defrosted. Remove from the heat.
5. Add chopped spring onions and pepper if desired. *Always eat rice within 2 days – and only re-heat it once!*