

CHICKEN WITH FIVE SPICE AND PEPPERS

Prepare everything before you start cooking, it is a lovely dish to do!

INGREDIENTS

500g of chicken breast – cut into slices/strips

Marinade

- 2 tbsp Sesame Oil
- 1 tbsp Mirin or Rice wine
- 2 tbsp Soy dark
- 2 tbsp Hoisin
- 2 tbsp Black bean sauce (optional)
- 1 tbsp Chinese Five Spice
- 1 tbsp cornflour



Other ingredients

- 2 tbsp – olive oil (you could mix a little sesame oil in with the olive oil) or use a good vegetable oi
- 2 Peppers – any colour – medium dice
- 1 large onion – medium dice
- 1 Red chili – medium size - sliced and diced coarsely (use all of the chilli if you like it hot)
- 1 inch ginger grated
- 2 cloves of garlic crushed
- 2-4 Spring Onions – sliced into short sections
- 100g chestnut mushrooms – sliced (optional)
- Season to taste

METHOD

Mix the marinade ingredients together and stir in the chicken strips, leave for around an hour or so. Next prepare the vegetables and have them ready to cook. Put the oil in a pan on a medium heat, add the onion and peppers. Do not allow to burn, reduce heat if needed. When softened – 5-10 minutes add the chicken strips using a slotted spoon so that the marinade is kept till later. Cook the chicken with the vegetables for a further 10 minutes.

Add the garlic, ginger, and chili to the pan. Cook for a few minutes, add the mushrooms and cook for a few minutes. Then add the marinade liquid, add some water to the bowl and mix it to get the remaining marinade incorporated and add to the pan. The mixture should start to thicken. If it goes too thick add some more water. Leave to simmer while you cook the rice, test for season – add salt and pepper to taste.

SERVINGS

A hearty serving for two with some left for freezing.

