

Salt and Pepper Chicken with Egg Fried Rice



Ingredients:

2 Chicken Breasts
160g Frozen Peas (Defrosted)
130g Basmati Rice
25ml Vegetable Oil
15ml Toasted Sesame Oil
15ml Soy Sauce
15g Fresh Root Ginger
4 Tablespoons Cornflour
1 Red Chilli
1 Egg
1 Garlic Clove
1 Spring Onion
1 Teaspoon Five-Spice
1 Teaspoon Caster Sugar
1 Teaspoon Salt
Black Pepper

Please bring a container to take your dish home in.

Method:

1. Weigh and measure out all the ingredients accurately.
2. Fill a small saucepan 1/3rd full with cold water, add the basmati rice and place at the front of the hob. Bring to the boil and cook rice for 10 to 12 minutes or until al dente. Once cooked, using a colander drain the water from the rice, wash the rice under running warm water and transfer the rice to a plate to allow it to cool down.
3. Meanwhile while the rice is cooking, on a red chopping board using a red handled knife, slice the chicken breasts into strips.
4. Add the cornflour to a small bowl along with 1 teaspoon caster sugar, 1 teaspoon salt, half (1/2 teaspoon) of the five-spice and a generous grind of black pepper and mix it all together with a teaspoon.
5. Add the chicken strips to the bowl and give everything a good mix up until all the chicken is coated. Place the coated chicken back on the red chopping board. Wash your hands thoroughly using warm water and soap.
6. Trim and roughly chop the spring onions into batons.
7. Peel and finely chop the garlic.
8. Peel (scrape the skin off with a teaspoon) and finely chop the ginger.
9. Finely slice the red chilli.
10. Place a large frying pan on the front of the hob, DO NOT turn on.
11. Add 1 tablespoon of vegetable oil to the frying pan and add the coated chicken strips. Cook over a medium heat for 4 to 5 minutes on each side, until the chicken is golden and crispy and the chicken is cooked through (there should be no pink meat and if you use a food probe the core temperature needs to be at least 75°C), this is your crispy chicken.
12. Once the chicken is crispy, add the spring onion batons, most of the chilli, garlic and ginger to the frying pan and cook for 2 to 3 minutes until fragrant.
13. Once done, transfer everything to a plate (save the frying pan) and set aside until serving – this is your salt & pepper chicken.
14. Crack the egg into a small bowl.
15. Place the frying pan back on the front of the hob, add 1 dessert spoon of vegetable oil.
16. Heat the oil for 15 seconds and add the cooled rice, blanched peas, toasted sesame oil and soy sauce. Cook for 2 to 3 minutes until everything is combined. Use a white plastic stirring spoon to stir the mixture.
17. Once combined, push the rice to one side of the frying pan and add the egg into the other side.
18. Stir the egg with a white plastic stirring spoon to break the yolk and cook for 1 to 2 minutes until it resembles scrambled egg, then mix it all through the rice – this is your egg fried rice.
19. Serve the salt and pepper chicken over the egg fried rice. Garnish with the remaining chilli.

Top Tip: For fancy presentation, press the rice into small bowls and turn out.