



A LONG ESTABLISHED FAMILY FIRM

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THE WORLD'S FINEST RANGE COOKERS

## Stir-Fry Chilli Chicken by David Pengelly

### Ingredients

- 2 Boneless chicken breasts, cut into strips
- Salt and pepper
- 1 Tbsp. Vegetable oil
- 2.5cm (1") Root ginger –finely grated
- 1 Red chilli finely chopped
- 1 Shallot, peeled and sliced
- 200g Button mushrooms, halved
- 175g Baby corn, sliced
- 200g Mangetout, sliced
- 200g Beansprouts
- 150g Cooked egg noodles
- 2 Tbsp. Sweet chilli sauce
- 1 Tbsp. Honey
- 3 Tbsp. Soy sauce

### Method

- Mix the soy, sweet chilli, ginger, chilli and honey in a bowl together.
- Add 2 tbsp. of the sauce to the chicken and stir well. Leave for 30 minutes.
- Heat a wok or sauté pan, add 1 tbsp. oil, add the chicken and stir fry until sealed and cooked through, remove to a plate.
- Add the remaining oil and cook the shallot, mushrooms, mangetout and baby corn for a few minutes, stir in the chicken and noodles, stir in the remaining sauce and toss over the high heat, add the beansprouts and stir well.

Serve with AGA / Everhot (oven) cooked rice.

- 225g (8 oz.) basmati rice, 340ml (12 fl. oz.) water, bring to the boil on the hotplate, cover the pan and place into the AGA simmer / Everhot lower oven (110°C – 120°C) for 20 minutes.