



A LONG ESTABLISHED FAMILY FIRM

Close House Farm Otley Road Skipton BD23 6DR
Telephone: 01756 792491 or 794484 Fax: 01756 791696
E-mail: worldsfinest@tncook.co.uk Internet: www.tncook.co.uk
Registered in England No. 1182390 VAT Reg No. 180 9855 28

THE WORLD'S FINEST RANGE COOKERS

Stir Fry 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 Bunch spring onions, chopped
2 Yellow peppers, deseeded and thinly sliced
Small bag baby spinach leaves
4 Tbsp. Sweet chilli sauce
1 Tbsp. Honey
3 Tbsp. Soy sauce

Method

Mix the soy, sweet chilli sauce, ginger, chopped chilli and honey in a bowl.

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 spring onions, peppers for a few minutes, stir in the chicken, stir in the remaining sauce and toss over the high heat, add the baby spinach and stir well. Serve.

Oven Cooked Rice

225g (8 oz.) basmati rice, 350ml (12 fl. Oz.) water.

AGA: bring to the boil and cover the pan, place into the simmer oven for 20min.

Everhot: bring to the boil and cover the pan, place in the lower oven set at 110°C – 120°C for 20 minutes.