



Active Education in Health & Wellbeing

Szechuan Chicken

4 Small Chicken Breast diced (or :
1 x 200g bag Frozen Diced Quorn)
½ tsp Smoked Paprika
8tbls Light Soy Sauce
2tbls Clear Honey
1 Red Onion thinly sliced
4 Spring Onion thinly sliced
50g Mangetout chopped in half
1 Whole Carrot peeled and sliced thinly
1 Yellow Pepper sliced
1 Red Pepper sliced
200g Cooked Easy Cook Long Grain Rice
30g Fresh Ginger finely chopped
2 Garlic Clove crushed and peeled
30g Fresh Coriander chopped
Water for steaming

Method

1. To make the Szechwan sauce place the smoked paprika, 6 tbls soy sauce and honey into bowl and whisk together to combine.
2. Place the chicken or Quorn into a bowl and add the ginger and 2 tbls soy sauce and stir, mix, fold to marinade.
3. Heat a non-stick frying pan or saucepan or wok (with lid) add two tablespoons water and the fresh crushed garlic
4. Sear the chicken in the hot pan for two minutes on each side, add the red onion and carrots then place the lid on the pan and steam for 90 seconds. Remove the lid carefully.
5. Add the mangetout, carrots, peppers, spring onion and stir for one minute.
7. Now add the Szechwan sauce and stir for one minute, then add the fresh coriander.
8. Add the cooked rice and stir until all of the ingredients are combined
9. Serve in to the centre of four plates.
10. Enjoy.