



Recipe

Sweet & Spicy Chicken



INGREDIENTS

To marinate the chicken

1. 500g boneless chicken thighs or breasts.
2. ½ teaspoon of ground turmeric.
3. 1 generous pinch of salt (about ½ teaspoon).

Aromatics (to be finely chopped/pounded)

4. 1 small onion (no more than 100g pre peeled weight).
5. 1 small clove garlic.
6. 2.5cm ginger.
7. 2-3 chillies (can be a mix of green and red for a combination of flavour).

Everything else

8. 1 capsicum (bell pepper) any colour.
9. 3 tablespoons of vegetable oil or any neutral flavoured oil.
10. 125ml of water.
11. 2 tablespoons of sweet chilli sauce (non spicy variety).
12. 1 tablespoon of dark soy sauce.
13. 2 tablespoons of honey.



STEPS

1. Heat oil up on medium-high heat in a wok or deep frying pan. Brown the chicken pieces on both sides for 3 minutes.
2. Push chicken to one side, turn heat down to medium and tip the pounded ingredients in.
3. Fry paste for 2 minutes, stirring a couple of times.
4. When the paste hits 2 minutes, flip the chicken onto it and mix.
5. Add peppers, water, sweet chilli sauce, soy sauce and honey, and mix well.
6. Bring to a simmer then reduce heat to low and cook chicken for 10 minutes, with constant stirring. The chicken will be done at the end of this time.
7. Check seasoning and add more salt if necessary. Consider adding more chilli sauce and honey to taste. Add more water and increase the seasonings for more sauce.

