



bit spicy

# Chinese chicken with mushroom & bamboo shoots

Chinese chicken with mushroom and bamboo shoots is a very simple recipe, but you will be amazed at the richness of the flavours from such a short list of ingredients! Substitute the chicken for tofu if you want a vegetarian/vegan option. Flat strips of tinned bamboo shoot are widely available, but if you can find the large ones shown in the photo, then these have a bit more bite and you can slice them into any size you want. Feel free to add a chopped fresh chilli if you like a little heat. **serves 4-6**

- 700g boneless breast or thigh chicken, cut into bite-sized pieces (or 700g tofu)
  - 2 tsp cornflour
  - 16 chinese mushrooms, soaked in hot water for at least an hour
  - 4 cloves garlic, crushed
  - thumb-sized piece of ginger, peeled and cut into matchsticks
  - 200g tin bamboo shoots (or more if you really enjoy the flavour)
  - 2 tbsps each dark and light soy sauce
  - 2 tbsps vegetable oil
  - 1 large mild red chilli (optional)
1. Drain the mushrooms, reserving the liquid, and cut each into several pieces.
  2. Roll the chicken or tofu in the cornflour.
  3. Heat the oil in a wok and quickly fry the garlic and ginger until golden. Add the chilli too, if using.
  4. Add the mushrooms and cook for a couple of minutes.
  5. Add the chicken and brown all over, before adding the soy sauces and bamboo shoots and enough water to cover everything.
  6. Bring to the boil and cook, stirring, for about 10 minutes, or until the chicken is cooked through.
  7. Serve with rice, and extra soy sauce on the side.