



bit spicy

Vietnamese Chicken with Peppers

This is a very common South-east Asian dish. Prepare the ingredients in advance and the actual cooking takes less time than the rice! **Serves 4**

INGREDIENTS

- 2 to 3 chicken breasts, cut into thin strips
- 2-3 tbsp groundnut oil
- 4 tbsp rice wine or dry sherry
- 4 tbsp soy sauce
- 4 tbsp oyster sauce
- 2 tbsp sweet chilli sauce
- 2 tbsp brown sugar
- 2 tsp salt
- 1/2 each of a large green and red pepper, sliced
- 1 large onion, sliced
- 3-4 cloves garlic, crushed
- 2-4 fresh chillies, finely chopped
- handful green beans, chinese cabbage, or long-stemmed broccoli, thinly sliced
- 3 spring onions, chopped on the diagonal (including the green stem)

RECIPE

1. Mix the rice wine, sauces, sugar and salt in a bowl and set aside.
2. Add the oil to a wok, bring to a medium heat and add the onion. Fry for a couple of minutes, then add the chicken and stir fry until just cooked.
3. Add the rice wine and sauce mixture and bring to the boil.
4. Add the other vegetables and stir fry for a couple of minutes, until just cooked.
5. Serve with rice or rice noodles (see below), and some soy and chilli sauces on the side.

COOK'S NOTES

- Add finely chopped dried chinese mushrooms with the chicken, having soaked them for a couple of hours and removed the stalks.
- Add bamboo shoots or water chestnuts for extra texture.
- Noodles cook very quickly, so pour boiling water over them and separate with a fork. After about a minute, drain off the water, separate again and leave until ready to serve.