



bit spicy

Yin Ya Chi Ssu

Yin Ya Chi Ssu is a really quick and simple [South East Asian recipe](#) using chicken and beansprouts. Serve with soy sauce and medium hot chilli sauce on the side. **Serves 4-5**

INGREDIENTS

- 700g chicken breast or thigh, thinly sliced Thai-style
- 4 tbsp oil
- 300g packet bean sprouts
- 1 tbsp corn flour
- 1 egg white, lightly beaten
- 2 tbsp rice wine or dry sherry
- 1 tsp ground pepper
- 2 tbsp soy sauce
- 2 spring onions, finely chopped, including the green parts

RECIPE

1. Place the chicken pieces in a large bowl. Add the soy sauce, pepper, rice wine, corn flour and egg white, and mix well.
2. Heat 3 tbsp oil in a wok or large pan, and quickly fry the bean sprouts for about a minute. They need to still be crunchy. Remove from wok and set aside.
3. Add the remaining oil and the chicken mixture to the wok, and fry for a couple of minutes until the meat is cooked. Return the bean sprouts to the wok with the spring onions, and heat through.
4. Serve with plain rice, with soy sauce and chilli sauce on the side.