

## 15 Chicken fried rice

Serves 3

Adapted from Chinese Food Made Easy by Ching-He Huang. As with all Chinese style stir-fried dishes, the key to success is getting all your ingredients prepared and laid out on your work surface before you start to cook.

### *Ingredients*

2 tablespoons light olive oil  
1 tablespoon freshly grated root ginger (a nice sharp microplane grater makes this easy)  
1 medium onion, finely chopped  
250-300g skinless chicken breast fillets cut into 1cm dice  
1 teaspoon Chinese five-spice powder  
1 tablespoon soy sauce  
50g dry roasted peanuts  
300g cooked jasmine or long grain rice  
2 further tablespoons soy sauce  
1 tablespoon sesame oil  
2 spring onions, finely chopped

1. Heat a wok or large frying pan over a high heat and add the light olive oil. Add the ginger and finely chopped onion and cook for a few seconds.
2. Add the chicken and cook for two minutes then add the five-spice powder and 1 tablespoon of soy sauce and stir fry for another two minutes to make sure the chicken pieces are fully cooked through.
3. Add the peanuts and then the rice, mix well and stir fry for 1 minute.
4. Season with 2 more tablespoons of soy sauce and 1 tablespoon sesame oil. Stir to mix.
5. Finally, stir in the chopped spring onions.
6. Serve with a green vegetable eg steamed broccoli, spinach or finely shredded cabbage.
- 7.

### Note

You need about 120g uncooked rice to produce 300g cooked rice. Once you've cooked the rice, you should cool it quickly by running cold water over the cooked rice in a colander. Once it's cool, cover with cling film and refrigerate straightaway. Cooked rice can be a source of food poisoning if it's left out in a warm kitchen.