

Chicken & Sugar Snap Pea Stir-Fry

Serves 4

Preparation Time: 30 mins

Cooking Time: 10 mins

Marinating the chicken first does wonders for this dish.

Ingredients

Marinade

- ❖ 2.5ml (½ tsp) salt
- ❖ 1.25ml (¼ tsp) sugar
- ❖ 10ml (2 tsp) light soy sauce
- ❖ 5ml (1 tsp) shaoxing wine or medium-dry sherry
- ❖ 8 turns of the peppermill
- ❖ 5ml (1 tsp) corn flour
- ❖ 1 egg white
- ❖ 15ml (1 tbsp) peanut oil

- ❖ 325g (12 oz) skinless, boneless chicken breast fillet, cut crossways into thin slivers
- ❖ 75ml (5 tbsp) peanut oil
- ❖ 175g (6 oz) sugar snap peas, trimmed
- ❖ 2 large garlic cloves, cut into thin slivers
- ❖ 4 large spring onions, finely sliced
- ❖ 5ml (1 tbsp) shaoxing wine or medium-dry sherry
- ❖ 5ml (1 tsp) corn flour dissolved in 60ml (4 tbsp) chicken stock
- ❖ 15ml (1 tbsp) sesame oil

Directions

1. Put the chicken in a bowl, add the marinade ingredients and stir until coated. Leave for 15-20 minutes.
2. Bring a saucepan of salted water to the boil and add 15ml (1 tbsp) of the oil. Blanch the sugar snap peas for 1 minute after the water returns to the boil. Drain in a colander, refresh with cold water and leave to drain.
3. Heat a wok over high heat until smoke rises. Add the remaining oil and swirl it around. Add the garlic and spring onions and stir to mix. Add the marinated chicken and turns and toss, using a wok spatula, for 30-40 seconds or until the chicken is pale all over. Splash in wine or sherry, stirring as it sizzles; reduce the heat.
4. Stir in the corn flour in the stock and add to the wok, stirring as it thickens. When the chicken is cooked, add the sugar snap peas and stir until everything is hot. Transfer to a serving dish, drizzle with sesame oil, serve hot. Serve with egg noodles or boiled white rice.

Notes

- ✓ If you can't find sugar snap peas, use mangetout instead – they need blanching for only 20 seconds.

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