

Chicken breasts stir-fried with snowpeas

Season: Summer

Type: Big dishes

Difficulty:
Intermediate

Serves:

8 tastes in the
classroom or
4 at home

Fresh from the garden: snowpeas, spring onions, chillies

Recipe Source: Recipes extracted from *Stephanie Alexander's Kitchen Garden Cooking with Kids* (Penguin, 2006).

Stir-frying is a very fast way of cooking. Because of this, everything must be prepared and placed nearby before you start to cook.

Equipment:

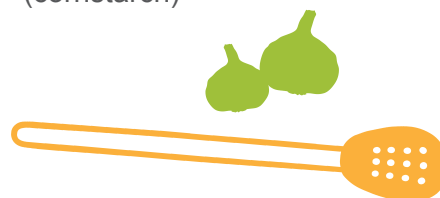
metric measuring spoons
and cups
bowls – 3 small, 2 medium
fork
chopping board
knives – 1 small, 1 large
disposable gloves
wok with lid
wok sang or large slotted spoon
serving plate

Ingredients:

2 skinless chicken breasts
200 g snowpeas
4 flat mushrooms or
8 button mushrooms
2 cloves garlic
1 x 2 cm piece fresh ginger
2 spring onions (scallions)
1 red chilli
2 teaspoons oyster sauce
½ cup chicken stock
2 tablespoons vegetable oil

Marinade:

2 tablespoons light soy sauce
2 tablespoons mirin
2 tablespoons vegetable oil
2 teaspoons cornflour
(cornstarch)



What to do:

- Place all the ingredients listed under *Marinade* in one of the medium bowls and mix with the fork.
- Set out the chopping board and knives. Slice the chicken breasts into thin slices, diagonally across the breast, and drop the slices into the marinade. Mix lightly with the fork and set aside.
- Wipe down the chopping board and knives. Remove the string from each snowpea and place the snowpeas in a small bowl. Finely slice the mushrooms and place in a second small bowl. Peel and chop the garlic and place in a third small bowl. Peel and chop the ginger and add to the garlic bowl. Trim the outside layer from the spring onions and cut off the tops and ends, then slice the spring onions and add to the garlic bowl. Slip on the disposable gloves and cut the chilli in half lengthways. Scrape the seeds into the rubbish bin, slice finely, and add to the garlic. Discard the gloves. Wash the board and knives very well.
- Place the oyster sauce in the second medium bowl with the chicken stock. Mix with the fork and set aside.
- ***Heat the wok over a high heat to very hot. Tip in the oil and straightaway add the garlic, ginger, spring onion and chilli.** Toss quickly with the wok sang for 30 seconds. Tip in the snowpeas and toss until they are bright-green and shiny. Add the mushroom slices and the chicken in its marinade and toss to keep everything moving. Tip in the chicken stock and oyster sauce mixture, then cover the wok with the lid.
- Lower the heat and cook for 3 minutes. Lift the lid and stir. Transfer to the serving plate and serve hot.

***Adult supervision required**