



SHOP IT! MISE IT! MAKE IT!
CHANGE THE WAY YOU COOK

Chilli Chicken

Recipe Source: Asian Cuisine - Main Courses p 86

Serves: 4

Effort: Light

SHOP IT!

MISE IT!

MAKE IT!

Oils, Vinegars & Spices	Large Bowl	1
Salt	2 tbs vegetable oil	
Vegetable Oil	4 tbs cornstarch	
Chinese Rice Wine	2 egg whites	lightly beaten
Wine Vinegar	1 tsp salt	
Pantry - Condiments	12 Boneless Skinless Chicken Thighs	cut into 1" pieces
Soya Sauce	Mini Bowl	2
Produce	6 tbs vegetable oil	
Head Garlic	Mini Bowl	3
1" piece Ginger	1" piece ginger	peeled, buzzed
1 Red Pepper	4 cloves garlic	crushed
1 Green Pepper	Small Bowl	4
2 Red Chillies	2 tbs wine vinegar	
Pantry - Baking Ingredients	2 tbs rice vinegar	
Cornstarch	4 tbs soya sauce	
Meats & Seafoods	2 red chillies	buzzed
12 Boneless Skinless Chicken Thighs	1 green pepper	seeded, diced
Dairy	1 red pepper	seeded, diced

DO	WITH	HOW	IMPORTANT
FOR THE RICE			
Bring/Boil	5		High Heat
Reduce Heat			Low Heat
Cover/Simmer		UNTIL all liquid absorbed	About 18 mins.
Remove/Sit	Cooked Rice	Off heat	About 10 mins.
FOR THE CHILLI CHICKEN			
Combine	1	Thoroughly mixed together UNTIL chicken is well coated	
Heat	Large Non Stick skillet		Medium High Heat
Add	2	To skillet	Wait 1 min.
Add/Cook	3	Stirring continuously UNTIL fragrant but not browned	30 secs.
Add/Stir Fry	4	Stirring continuously UNTIL browned	About 5 mins.
Add/Stir/Cook	1	UNTIL chicken is cooked through	About 5 mins.
Transfer	Chilli Chicken	To a serving dish	
SERVE		Over rice with sriracha and soya sauce	

TOOLS AND TECHNIQUES REQUIRED

large NON-STICK frying pan; wooden spoon

Dozen Eggs	<input type="radio"/>
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Medium Pot		5
3 c. water		
2 tsp salt		
2 c. long grain rice		

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