



Northern Chinese Chicken

with Stir-Fried Greens



20-30min



4 Portions

Revamp your weekly stir-fry with this clever take on the irresistible chargrilled meats of Xinjiang. Inspired by this north-western region's unique use of cumin and coriander, we've created this easy pan-fried chicken dish to bring the smoky spiced flavours of China to your kitchen.

What we send

- 2 shallots, 2 garlic cloves and coriander
- free-range chicken thigh fillet
- green cabbage
- green capsicum
- sesame oil ¹¹

What you'll require

- sea salt flakes
- soy sauce ⁶
- sugar
- vegetable oil

Utensils

- large frypan
- oven tray

Our veggies come straight from the farm, so please wash them before cooking.

Cooking tip

Including coriander stems will add texture and improve the flavour of your dish.

Allergens

Soy (6), Sesame (11). May contain traces of other allergens.

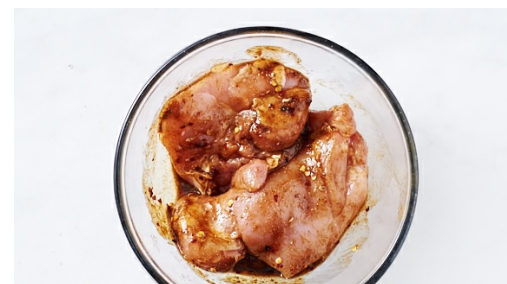
Nutrition per serving

Energy 445.0kcal, Fat 21.3g, Proteins 41.3g, Carbs 16.1g



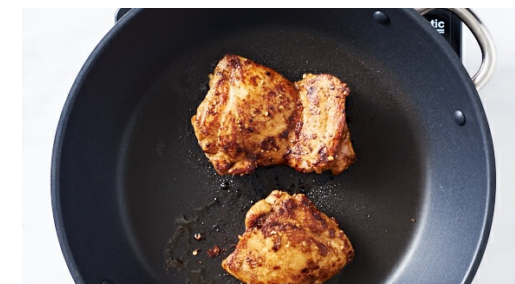
1. Prepare marinade

Preheat the oven to 200C. Combine the **spice blend, sugar, soy sauce** and **vegetable oil** in a bowl.



2. Marinate chicken

Trim any fat from the **chicken**, then add to the marinade and mix to coat.



3. Cook chicken

Heat a large frypan over medium heat. Cook the **chicken** for 2 mins each side until browned, then transfer to an oven tray. Don't clean the frypan. Roast the chicken for 10 mins or until cooked through. Remove and set aside to rest in a warm place for 5 mins.



4. Prepare ingredients

While the chicken is roasting, finely chop or crush the **garlic**. Halve the **shallot** and thinly slice. Thinly slice the **cabbage**. Remove core and seeds of the **capsicums** and cut into thin strips. Finely chop the **coriander**, including the stems (see cooking tip).



5. Cook vegetables

Heat the **sesame oil** in the pan over medium-high heat. Stir-fry the **shallot** for 2 mins, then add the **garlic** and **capsicum**. Stir-fry for 2 mins or until **capsicum** has softened slightly. Add the **cabbage** and stir-fry for 3 mins or until starting to wilt.



6. Get ready to serve

Pour any resting juices from the chicken into the vegetable mixture, season with **salt** and stir in the **coriander** to combine. Thinly slice the **chicken** on an angle. Divide the vegetables and chicken among plates to serve.