

Spice is Nice II

Bang Bang Chicken

Ingredients

1/4 inch root ginger - pound finely
1-2 pips garlic - pound finely
1/2 tsp black pepper corns - pound
2 chicken breasts,
½ cucumber, wash and slice thinly
1 carrot, wash and slice thinly
2 celery stalks , wash and slice thinly
1 red onion, cut into thin rings
2tsp sesame oil
2tbsp peanut butter
1tbsp sweet chilli sauce
2tsp castor sugar
2tbsp soy sauce
1tbsp rice or white vinegar /juice of 1/2 a lemon
1 small red chilli, finely sliced (optional)
1tsp sesame seeds
Salt
5 - 6 lettuce leaves

METHOD

In a saucepan, place the chicken breasts, water, ginger, garlic and pepper and salt. Boil until cooked. Remove and cool. When the chicken is cold, thinly slice it. Save the stock for soup.

In a saucepan, combine the sesame oil with the peanut butter, sweet chilli sauce, sugar, soy sauce, vinegar/lemon juice and chilli until you have a paste. Add in about 4-5 tbs hot water to dilute the paste. Bring it to a gentle boil.

Arrange some chicken slices, carrot, cucumber, celery and onions on the lettuce leaves on individual plates. . Spoon the sauce over the top, sprinkle with sesame seeds and serve.