

## Stir Fried Chicken and Winter Greens

Makes 30 tastes in the classroom.

### Equipment:

- Chopping board
- Knives – large
- Measuring spoons and scales
- Wok
- Small bowl
- Wooden spoon

### Ingredients:

#### For the chicken

- 2 chicken thighs, sliced
- 2 tablespoons of soy sauce, or kechap manis
- Vegetable oil, for frying

#### For the sauce

- 1 shallot, sliced into fine rings
- 2 cm ginger, finely grated
- 1 clove garlic, finely chopped
- ½ teaspoon of ground cinnamon
- ½ teaspoon of ground cumin
- ½ teaspoon of dried red chilli flakes
- ½ teaspoon of ground ginger
- 100 ml chicken stock
- 400 ml coconut milk

#### For the stir fry

- 2 heads of broccoli
- 1 clove garlic, chopped
- 1 red chilli, finely sliced
- Large handful of kale, torn into bite-sized pieces
- 6 leaves of silverbeet cut into bite sized pieces

### What to do:

1. For the chicken: Chop the chicken into fine slivers and place them in a small bowl, add the soy (or kechap manis) and leave to marinate for at least 30 minutes.
2. For the sauce: heat a dash of vegetable oil in a frying pan and fry the shallots until softened, but not browned. Add the ginger, garlic and spices and fry for a few more minutes. Pour in the chicken stock and bring to the boil. Reduce the heat to a simmer and cook until thickened slightly. Whisk in the coconut milk and keep warm. You may pour this into a separate container to be used later.
3. To cook the chicken: heat another dash of vegetable oil in the wok and fry the chicken slices until cooked through. Remove the chicken from the wok and set aside in a warm place to rest.
4. For the stir fry add a little more vegetable oil to the wok if necessary and stir fry the broccoli for a few minutes. Add the chopped ginger, garlic and chilli and fry for another minute.
5. Stir in the kale and silver beet, then add a splash of water to create enough steam to cook the leaves.
6. Once the leaves are cooked through, serve the vegetables in serving bowls, topped with the chicken and the sauce.