

Stir Fried Chicken, Cauliflower and Broccoli

Makes 30 tastes in the classroom.

Equipment:	Ingredients:
Chopping board Knives – large Measuring spoons and scales Medium saucepan Wok Small bowl Ladle Wooden spoon 2 small bowls	1 head broccoli, cut into florets 1 head cauliflower, cut into florets 400g deboned chicken thighs, cut into cubes 2 large carrots, cut into large matchsticks 1 large red capsicum, sliced 10 kale leaves chopped into 3 cm pieces 1 brown onion, chopped 4 cloves garlic, minced 1 cup chicken stock 2 tbsp cornstarch 2 tbsp Chinese wine (soy sauce in the classroom kitchen) 2 tsp sugar Freshly ground black pepper Oil

What to do:

- In a bowl marinate chicken in 1 tbsp cornstarch, with the Chinese wine (or soy sauce).
- Bring to a boil a potful of water with 1 tsp salt and 2 tbsp oil. Add cauliflower, carrots and broccoli and blanch vegetables. Blanch means to briefly cook vegetables in boiling water for 1 to 2 minutes. Drain and rinse the vegetables in cold water as this retains the colours of the broccoli and carrots while preventing further cooking. Set aside.
- Dissolve remaining cornstarch in 1/4 cup of stock then set aside.
- Heat up a wok, add oil then add chicken. Stir fry until it is evenly browned, set aside.
- Sauté garlic and onions, then add the chicken, capsicum, broccoli, carrots, and cauliflower then stir fry for 30 seconds
- Add the stock, dissolved cornstarch, sugar and freshly ground black pepper. Bring to a boil, give it a good mix to evenly coat the vegetables with the sauce then turn heat off. Serve.