



Salt and pepper chicken

Easy

Prep: 10 mins Cook: 15 mins

Make this easy, spicy salt and pepper chicken dish at home instead of ordering a takeaway. It's cooked with Asian greens in honey and soy, with a hint of Chinese five-spice

Serves 2 - 3

Nutrition: per serving (3)

kcal	fat	saturates	carbs	sugars	fibre	protein	salt
279	9g	2g	12g	7g	2g	37g	2.8g

Ingredients

500g skinless, boneless chicken thighs

1 tsp flaky sea salt

1 tsp Sichuan peppercorns (use normal peppercorns if you can't find these)

- 1 tbsp cornflour
- 1 tsp Chinese five-spice powder
- 1 tsp sesame seeds
- 1 tbsp olive oil
- 1 tbsp soy sauce
- 1 tbsp honey

250g Asian greens such as pak choi

handful chopped coriander , sliced spring onions and cooked rice (to serve)

Method

STEP 1

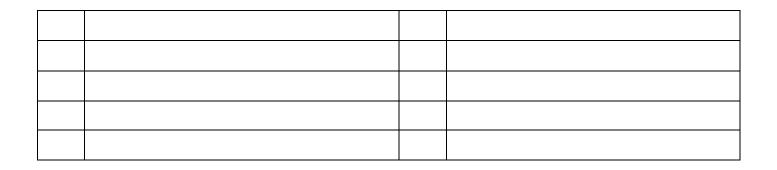
Cut the chicken thighs into strips. Crush the salt with the peppercorns in a pestle and mortar, then mix with the cornflour and five-spice and tip into a sandwich bag. Tip the chicken into the bag and shake well to coat in the flour mixture.

STEP 2

Toss the sesame seeds in a pan over a medium heat and lightly toast, for around a minute, then add the olive oil. Add the chicken and cook for 7-8 mins until golden brown.

STEP 3

Mix the soy and honey and tip into the pan along with the Asian greens, cook for 2-3 mins further until everything is well coated and the greens are cooked through. Serve topped with coriander and sliced spring onions alongside some cooked rice.



TBAT Questions		
Identify the protein used?		
Describe the difference between light and dark soy sauce?		
Explain the taste, smell,	Taste	Smell
texture and look of honey?	Texture	Look

Cooking Skills Record:

The skills I used in preparing and cooking:				
My rating:	Tasting & looking good	Quite good	Edible	Not so good
What I need to remember next				
time I cook this recipe:				
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Skills I need to practice:				
Choosing alternative				
ingredients:				
Hygiene and safety tips:				
I have passed this recipe to?				
And why:				

Skills Used: (see skills records in students folders)

Teacher/Student I	Feedback:	Feedback Date:	
Student evaluation			
Teacher feed back			
Student to teacher feed back			
Student to Peers feed back Name:			