

Name:

Date:



# Salt and pepper chicken

L Prep: 10 mins  
 👤 Easy  
 🍴 Serves 2 - 3  
 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

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, texture and look of honey?	Taste
	Smell
	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:				
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 Feedback:	Feedback Date:
Student evaluation	
Teacher feed back	
Student to teacher feed back	
Student to Peers feed back	
Name:	