

Chinese Chicken Curry

Ingredients

2 chicken breasts
1 green or red pepper
50g peas
1 small onion
3 gloves garlic
1 chicken stock cube
25g plain or SR flour
Spices for sauce
1tsp Chinese five spice powder
1 tsp Turmeric powder/1 tbsp mild curry powder
1 tsp chilli powder
1 tsp cornflour.
2 tbsp oil

Equipment

Red chopping board
Brown chopping board
Mixing bowl
Sharp knife
Non-slip mat
Saucepan
Wok
Dessert spoon
Savoury spoon
Measuring Jug

Method

