

# Crispy Chinese Chicken *with Egg Fried Rice*

The Swan in Little Totham has given us this tasty Chinese inspired recipe that is sure to be a firm favourite with all the family!

## Ingredients Serves 4

### For the Chinese Chicken

3 large skinned chicken breasts - cut into bite sized chunks  
6tbsp plain flour  
1 tsp Chinese Five Spice  
3 eggs lightly beaten  
sesame seeds  
chopped spring onions  
salt & pepper

### For the sauce

2 cloves garlic peeled and crushed  
1 tbsp rice wine vinegar  
2 tsp honey  
3 tbsp sweet chilli sauce  
2 tbsp tomato ketchup  
2 tsp sugar  
4 tbsp dark soy sauce

### For the rice

4 portions of cold, cooked boiled rice  
handful of frozen garden peas  
2 eggs, lightly beaten

## Method

1. In the bag put 3 tbsp of flour, a touch of salt and ground black pepper.
2. In a shallow bowl put 3 tbsp of flour, a touch of salt and ground black pepper and 1 tsp of Chinese five spice and mix.
3. Put the lightly beaten eggs into a shallow bowl.
4. Heat a frying pan with a little oil for frying.
5. While the oil is heating, place the chicken in the first bag, seal and shake to make sure the chicken is coated in the flour.
6. Remove the chicken (shaking off the excess flour) and dredge in the egg wash.
7. Place the chicken in the Chinese spiced flour and roll to coat them.
8. Place the chicken in the hot frying pan and fry until cooked through.
9. Meanwhile add all the sauce ingredients together, mix and set aside.
10. Once the chicken is cooked through, remove from the pan and drain the oil off.



11. Add the sauce ingredients into the hot pan and heat through. The sauce will get very hot so be careful!
12. Once bubbling, add the chicken back to the pan and coat in the sauce and turn off the heat.
13. In a second frying pan heat the oil and put in the cooked rice and frozen peas.
14. Cook the rice through until the peas have defrosted. Keep the rice moving otherwise it will stick. Add more oil if necessary.
15. Once hot and the peas cooked through, push the rice to one side and stir-fry the eggs until set (moving all the time to break them up) then mix into the rice.
16. Serve the rice in warm bowls and top with the crispy, sticky chicken and sprinkle with sesame seeds and spring onions.

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