

GF Friendly

Szechuan Chicken

Szechuan fried chicken with Chinese noodles

The chicken in the photo was only stir-fried until just cooked through, but if you prefer it lightly browned, fry for a bit longer. **Gluten-free** Szechuan seasoning is available.

300-400g chicken breast fillets

Marinade:

- 1½ Tbsps Hoisin sauce
- 1 Tbsp dry sherry
- 1 tsp sesame oil
- 1 tsp minced garlic or a crushed clove
- 1½ tsps Szechuan seasoning
- 1 Tbsp olive oil



Chinese stir-fried noodles as per Recipe 101

Remove any fat from the chicken and cut into pieces that will sit on a tablespoon. In a bowl with a lid, mix together the Hoisin sauce, sherry, sesame oil, garlic and Szechuan seasoning. Toss the chicken pieces in this to coat well; then cover and refrigerate for an hour or more to marinate.

Boil the noodles and prepare the vegetables in the same quantities as per Recipe 101. Warm the olive oil in a wok and stir-fry the chicken pieces until cooked through. This may have to be done in batches to prevent steaming. Once cooked, put in an oven-proof bowl to be re-heated in the oven while warming the plates before serving.

Leave any remaining juices from the chicken in the wok and, following Recipe 101, stir-fry the vegetables in this and finally toss with the cooked noodles.

Pile onto warmed plates and top each with a portion of the Szechuan chicken.

Serves 4

leftover chicken and noodles can be frozen

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