

Chinese Chicken or Pork with Egg Fried Rice



Ingredients list

- Approximately 200 - 300g of pork fillet (or chicken fillet)
- 2 cloves of garlic
- 2 tbsp soy sauce (light or dark)
- 1 tbsp Chinese five-spice (school can provide)
- 2 tbsp honey
- 1 tbsp cornflour
- 1 egg, beaten
- 150g white long grain rice
- 50g frozen peas, defrosted
- 2 spring onions, sliced

Equipment list

- Frying pan
- Saucepan
- Plastic spoon
- Small plastic bowl
- Measuring jug
- Metal cutlery spoon
- Sieve
- Brown chopping board
- Red chopping board
- Sharp Knife

Method

1. Put a pan of water onto boil and cook your rice for 10-12 mins until 'Al Dente'
2. Chop your meat into small pieces (this makes it cook faster!)
3. Mix the pork or chicken medallions with the soy sauce and five-spice in a small bowl → leave to marinate for 5 mins.
4. Chop the garlic, ginger and spring onions on your brown chopping board
5. Heat a large non-stick pan, add some oil and then fry the pork/chicken for 2-3 mins on each side until cooked through.
6. In your measuring jug, add your cornflour and 2 tbsp of cold water. Mix into a paste.
7. Pour in 150ml boiling water into your jug with the cornflour mix. Add this to your pan with the garlic, ginger and 1 tbsp honey and bubble for 2 mins. Cook until it thickens and is glossy. Check temperature of your meat using a temperature probe: **CHICKEN = 74°C / PORK = 71°C**
8. Make the egg fried rice:
 - Mix the egg together in saucepan and make scrambled egg, cooking until firm.
 - Add the rice with more oil and spring onions into the egg mix in your pan and add your peas and stir-fry for 3-5 mins until piping hot. Season to taste.