

Filipino stir-fried chicken and greens

My Filipino-inspired recipe is sure to warm you up! With oriental ingredients and powerful flavours, this hearty dish is perfect when you want to stay healthy but still have a craving for delicious flavours.

Sesame oil
1 chopped onion
2 chicken thighs
1 sliced cabbage
Soy sauce
Shaoxing rice wine
Chilli oil
Vegetable oil
Teriyaki sauce
Black pepper
Knife and chopping board
Saucepan
Spatula
Oven dish
Ladle

Dice the steak with the fat untrimmed and marinate with the oyster sauce for at least half an hour. Put 1 tablespoon of vegetable oil into a pan over a small heat. Dice your onion using a chopping board and panfry until golden. Using another chopping board, dice the chicken breasts. Season with salt, and add three tablespoons of soy sauce, two tablespoons of Shaoxing rice wine, two teaspoons of Chinese chilli oil and one teaspoon of teriyaki sauce. Add a handful of thinly sliced spring onion. Stir and then cover the pan with a lid for 10 minutes. After 10 minutes, put the pan off the heat. Transfer the chicken to an oven dish. Place the oven dish into the oven at 100C for 10 mins. Cook the sliced cabbage using the same method mentioned above (don't put it in the oven!) Serve with rice noodles (follow instructions on packaging)

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