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by Liz Robb

Hoisin chicken with egg fried rice



Ingredients

4 chicken breasts
3 tablespoons of dark soy sauce
3 tablespoons of hoisin sauce
2 tablespoons of Chinese rice vinegar
2 tablespoons of tomato puree
3 fat cloves of garlic
A small chunk of fresh ginger
Dried crushed chillies
Sunflower oil
For egg rice:
120g jasmine rice (uncooked weight)
120g frozen petit pois
Large bunch of spring onions
2 tablespoons of sunflower oil
Salt and freshly milled black pepper
2 large eggs
2 tablespoons of light soy sauce

Preparation

1. 1. Remove the skin from the chicken and make 4 diagonal deep cuts in the top of each breast using a sharp knife. Place the chicken breasts side by side in a dish with the slits facing up.
2. 2. In a bowl, mix the soy sauce, the hoisin sauce, the rice vinegar and tomato puree together. Peel and crush the garlic cloves, peel and grate the ginger and mix them both into the sauce. Sprinkle in a few dried crushed chillies, according to your own taste.
3. 3. Pour the sauce over the chicken breasts, rubbing it in so that they are completely coated, making sure it goes right into the cuts. Cover the dish and place in the fridge for 3 hours, if possible, to chill.
4. 4. Brush a griddle pan well with oil and put on the heat. When the pan is hot, cook the chicken over a medium heat, making sure it is well coated with the sauce, for about 6-7 minutes on each side, depending on the thickness of the chicken breasts, until they are completely cooked through with a dark, sticky crust. Serve straight away, sliced through several times on the plate.
5. For egg rice:
6. 1. Cook the rice in a large pan of boiling salted water for about 15 minutes, until just cooked. Drain and spread out on a large plate to cool, to prevent the grains sticking together too much.
7. 2. While the rice is cooking, rinse the petit pois under cold water to defrost

8 you don't need to cook them. Top and tail, peel and chop the spring onions finely. Break the eggs into a bowl and beat them lightly.

9 3. Heat the oil in a large wok, then stir-fry the cooked rice over a high heat for 3 minutes, stirring constantly. Put in the peas, season well, and continue to stir-fry for another 2 minutes.

10 4. Add the beaten egg, cook and stir briskly for a minute, mixing in any crusty bits forming on the bottom. Sprinkle in the spring onions and the soy sauce, and stir-fry for a further 2 minutes. Serve immediately.

Cooks Note

This succulent sticky chicken dish is so easy to cook, it is ideal for a quick supper or as a fabulous addition to a summer barbecue, a welcome change from the usual grilled chicken wings.

Hoisin sauce is a sweet, salty sauce with a thick consistency, often used in Chinese cooking as a dipping sauce, or as an addition to stir fried dishes, or sometimes to glaze meat. It is easily available in most supermarkets now, and is a standard store cupboard ingredient for me because it is so tasty and versatile. In this dish it adds an appealing dark glaze to the chicken, and a rich, sweet and savoury flavour.