

# Healthy weekday fakeaway treat

## DALE PINNOCK'S KUNG PAO CHICKEN

Midweek blues and craving a Chinese? We all need a swift supper from time to time and this vibrant recipe from Dale Pinnock doesn't even require a call to the takeaway.

A gorgeous, fiery, peppery dish that packs quite a punch, it's perfect with some sauteed greens and a bit of brown rice.

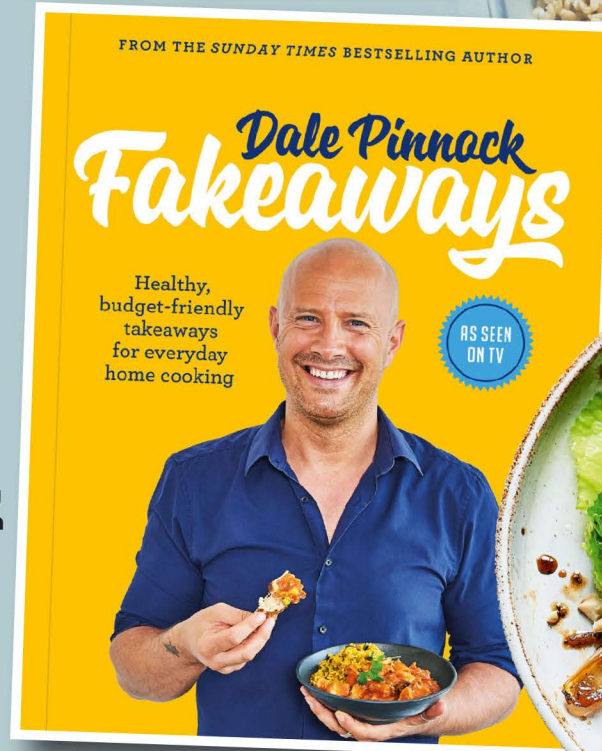


### INGREDIENTS (SERVES 2)

- 4 garlic cloves, finely chopped
- 5cm piece of ginger, peeled and finely chopped
- 2 spring onions, chopped
- 3 dried red chillies
- 2 chicken breasts, diced
- Olive oil
- 1 heaped tbsp runny honey
- 2tbsp soy sauce
- Half tbsp rice wine vinegar
- 2tsp ground black pepper
- Salt
- Sauteed greens and brown rice, to serve
- 50g unsalted peanuts, to garnish

### METHOD

1. In a pan, saute the garlic, ginger, spring onions and chillies in a little olive oil, with a pinch of salt, over a medium heat for three to five minutes.
2. Add the diced chicken and saute for five to seven minutes, until the chicken is cooked through.
3. Add the honey, soy sauce, rice wine vinegar and black pepper. Simmer for four minutes.
4. Sprinkle the peanuts over as a garnish.
5. Serve with sauteed greens and brown rice.



■ Taken from Fakeaways by Dale Pinnock, photography by Faith Mason, is published by Hamlyn, priced £15.99.

