

We had (Yet again!) ½ a cooked Chicken spare! Even a very small Chicken goes a long way.

So round the World for £4 or less took us to Fiji last night!

Ingredients:-

500g Cooked Chicken, cubed
1 clove of Garlic, minced
1 Red Chilli, Sliced
1 Onion, finely Sliced
1 Carrot, sliced
1 Red Bell Pepper, slices
Cabbage, shredded
Oil to fry
Oyster Sauce
Lemon
1 Inch of fresh Ginger, grated
1 tbsp (Gluten Free) Soy Sauce
1 tbsp (Gluten Free) Worcestershire Sauce
Salt & Pepper to season

Method:-

Marinade the Chicken with the Ginger, Garlic, Oyster Sauce, Soy Sauce and Worcestershire Sauce for 30 minutes.
Fry ½ of the Onions and ½ of the Bell Pepper ans sauté for a minute.
Add the Chicken.
Add Salt & Pepper and sauté for a further 5 minutes.

Add the remaining Peppers, Onions and Carrots and after 5 minutes add the remaining sauce.
Sauté for another minute.
Add the Cabbage and stir well, turning up the heat slightly.
Cover and lower the heat to steam for 2 minutes.

We served ours on a bed of Rice Noodles with Onion Bhajis