

Sweet and Sour Chicken

INGREDIENTS:

4 free-range chicken thighs, skin on, bone in
2 teaspoons Chinese five-spice powder
olive oil
piece of ginger
1 bunch of spring onions
4 cloves of garlic
2 tablespoons runny honey
8 tablespoons rice wine vinegar
2 tablespoons low-salt soy sauce (or tamari)
sesame oil
baby spinach
1 can sliced pineapple
1 lime
Jasmine rice

INSTRUCTIONS:

1. Put the chicken and five-spice in a large bowl, drizzle with olive oil and toss together.
2. Heat a drizzle of olive oil in a large pan over a medium heat, then add the chicken, skin-side down and cook for 5 minutes.
3. Peel and add the ginger, trim and add 4 spring onions, along with the unpeeled garlic cloves. Drizzle over the honey and fry until dark, golden and sticky.
4. When it's all looking good, add the whole vinegar, soy and a little sesame oil to stop everything from sticking. Add pineapples, juice included. Put the lid on, reduce the heat and let it cook slowly for 20 to 30 minutes, or until the chicken is cooked through and tender.
5. Remove the lid and allow the liquid to reduce and get sticky, then transfer everything to a board. Let it all cool a little, then shred the chicken and return it to the pan, discarding the bones.
6. On a board, chop up the garlic and remaining spring onions, mixing to create a kind of chopped salad. Discard the ginger, then scrape it all back into the pan with the chicken.
7. Place the noodles, sugar-snap peas or mangetout, spinach and tea bag in a pan and cover with boiling water. Bring to the boil and simmer for 3 minutes, then discard the tea bag.

- 8. Use a slotted spoon to transfer the noodles and veg to the pan with the chicken. Use a little cooking liquid to loosen the sauce, then toss it all together.**
- 9. Pick and roughly chop the herbs, then sprinkle on top. Serve with wedges of lime for squeezing over.**