



COOK AT HOME MEAL KITS

CRISPY CHICKEN IN DRY SALT AND SPICY

INCLUDED

1. Crispy Chicken (or Beef/Tofu/
Shredded Chicken/Shredded Beef)
2. Garlic/Chillies
3. Veg (onions, spring onions, peppers)
4. Seasoning (Salt and Spicy)

YOU NEED

1. Baking tray
2. Wok/pan
3. ½ tbsp cooking oil

METHOD

1. Heat fan oven to 200c. Place CRISPY CHICKEN on baking tray, well spread out and bake for 10 mins or until piping hot.
2. Heat wok or pan on high heat until smoking and add oil. Once oil is hot, add in GARLIC/CHILLIES and cook until fragrant. Add in the VEG and continue to cook on high heat.
3. Once veg is cooked to your liking, add in CRISPY CHICKEN and toss through. Sprinkle over salt and spicy SEASONING and toss over once like a pancake.
4. Heat management is important with this dish as we are trying to get the seasoning to seal to the chicken and veg - white smoke is good, black smoke you've taken it too far and will burn. Once you see white smoke appearing, remove from heat. Once the smoke

disperses, back on the heat and let the pan heat up slightly then toss over again.

5. Continue to toss everything over and taking on and off the heat, looking out for white smoke for a few times until chicken is nicely caramelised then serve.

(We recommend you to watch our 'How To' video on Instagram for this recipe.)

SIK FAN LA!
"BON APPETIT"