

# STEAMED CHICKEN WITH ASIAN FLAVOURS & CHINESE BROCCOLI

## EQUIPMENT

MIXING BOWL, ZIP LOCK BAG, PERFORATED BAKING TRAY, SPOONS, CHEF'S KNIFE

## INGREDIENTS

2 SKINLESS CHICKEN BREASTS, 1 BUNCH CHINESE BROCCOLI, 2-3 SPRING ONIONS,  
20GM CASTER SUGAR, 20GM SHAOXING WINE, 10GM EXTRA VIRGIN OLIVE OIL,  
40GM SOY SAUCE, 40G OYSTER SAUCE, SALT FLAKES

## METHOD

TO BEGIN: PLACE SUGAR, SHAOXING WINE, SOY, SALT, EVOO AND OYSTER SAUCE INTO A SMALL MIXING BOWL AND MIX TOGETHER UNTIL THE SUGAR HAS DISSOLVED.

PLACE THE CHICKEN BREASTS INTO INDIVIDUAL ZIP LOCK BAGS AND POUR HALF OF THE MARINATE INTO EACH BAG. SEAL THE BAGS REMOVING AS MUCH AIR AS POSSIBLE AND PLACE THE BAGS ON A PERFORATED TRAY.

PLACE THE TRAY INTO A PRE-HEATED OVEN STEAM SETTING 65°C FOR 70 MINUTES.

WHILE THE CHICKEN COOKS REMOVE A LITTLE STALK FROM THE CHINESE BROCCOLI SO YOU ARE LEFT WITH INDIVIDUAL LEAVES. SET THE BROCCOLI ASIDE. CLEAN AND SLICE THE SPRING ONIONS AND RESERVE FOR GARNISH.

ONCE THE CHICKEN IS COOKED REMOVE IT FROM THE OVEN AND RE-SET THE OVEN TO STEAM SETTING 100°C. PLACE THE BROCCOLI ONTO A PERFORATED TRAY AND INTO THE OVEN TO STEAM FOR 5 MINUTES.

REMOVE THE CHICKEN FROM THE BAGS AND DISCARD THE BAGS. SLICE THE CHICKEN INTO MEDIUM SIZE PIECES AND SET ASIDE.

ONCE STEAMED REMOVE THE BROCCOLI AND TOSS IT IN A LITTLE OYSTER SAUCE.

PLACE THE BROCCOLI INTO A SERVING PLATTER AND THE CHICKEN ON TOP, SCATTER OVER THE SPRING ONIONS AND SERVE.

## HINTS & TIPS

- ALTHOUGH THIS RECIPE DOES NOT CONTAIN MANY INGREDIENTS IT IS FULL OF FLAVOUR. THE SLOW COOKING OF THE CHICKEN YIELDS A TENDER AND MOIST RESULT AND MATCHING IT WITH CHINESE BROCCOLI MAKES FOR A TASTY AND VERY HEALTHY MEAL.
- FOR A "PUNCHIER" FLAVOUR MARINATE YOU CHICKEN IN THE BAGS OVER NIGHT BEFORE COOKING. REMEMBER TO BRING THE CHICKEN TO ROOM TEMPERATURE BEFORE COOKING SO YOU GET A NICE EVEN RESULT.