**EASY PEASY CHILLI CHICKEN**

Chinese food in The Sub-Continent of India is extremely popular and has been in existence for centuries. Chilli Chicken is one of the most popular of these dishes and is quite simple and easy to make. Whilst I would not remove the seeds from the chillies as they add more flavour, if you are scared then please do so. Oil needs to be really hot when making this and is best when smoking.

Tofu or Paneer can be substituted for the chicken if you prefer.

Serves 4

**INGREDIENTS**

**For the marinade**

4 garlic cloves

2 fresh green chillies seeds removed if liked and roughly chopped

1 tbsp red wine vinegar

1 tbsp dark soy sauce

1 tbsp chilli sauce

1 heaped tbsp cornflour

1 tsp salt

**For the chicken**

6-8 tbsp vegetable oil

800g (1¾lb) skinless chicken thigh fillets, cut into strips 1–2cm (½–¾in) thick - Tofu or Paneer (Indian Cheese) can also be used

1 bunch spring onions cut into 3cm (1¼in) pieces

1–2 red or yellow peppers, seeds removed, thinly sliced

Handful of baby corn and celery chopped after stringing (optional)

**EQUIPMENT**

Mini-food processor, blender, liquidizer, ninja or pestle and mortar

Large bowl

Heavy bottomed pan or wok

Strainer or colander

Chopstick or fork for stirring

**Cyrus will demonstrate how to make the marinade, but you can make it in advance and marinade chicken until he is ready to cook**.

**METHOD**

1. To make the marinade, tip the garlic and chillies into a mini food-processor and blend to a paste. Mix in the remaining marinade ingredients. In a large bowl, mix the marinade and the chicken strips so that all the pieces are well coated. You can cook the chicken immediately, but if time allows, cover the bowl and set aside for 30 minutes. It is important to get a sticky texture so if wet add a little more cornflour.
2. Heat the oil in a large, heavy-bottomed pan or wok over a high heat. (Keep a strainer or a colander ready over a bowl.) Add the chicken piece by piece into the oil but keep separating them with a chopstick or a fork so that they may fry well. Cook uncovered, stirring often, separating the chicken pieces into individual pieces for about 6-8 minutes until the chicken is cooked through and starting to colour well. As soon as the chicken is ready drain it.
3. Return the pan to the heat and add the drained oil to it. When hot, add the spring onion, peppers and any vegetables you might have cut such as baby corn or & sauté for a couple of minutes, stirring well. Add the chicken toss well, check seasoning and serve