

# Chinese Chicken with crispy cabbage

- 2 x Chicken breasts
- 120g shiitake mushrooms
- 1 red chilli
- 1 tbsp honey
- 2 garlic cloves
- 2 spring onions
- 2 tbsp rice wine vinegar
- 1 tsp coconut oil
- 2 tbsp sesame oil
- 2 tbsp soy sauce
- 2 tsp black sesame seeds
- 300g sweetheart cabbage
- 80g brown rice



## Method:

1. Boil a kettle. Rinse the brown rice and place in a saucepan with 400ml boiling water and a pinch of sea salt. Simmer for 20-25 mins, then drain.
2. Finely chop the garlic and red chili (remove the seeds for less heat). Finely slice the spring onions and cut the shiitake mushrooms into quarters. Cut the end off the cabbage and thinly slice.
3. Cut the chicken into bite-sized pieces.
4. To make the sauce; in a small bowl mix together the rice wine vinegar, honey and the soy sauce.
5. Preheat a frying pan or wok on a high heat and add the coconut oil, cook the chicken for 10-15 mins until turning golden, then turn down to a medium heat and add the garlic, red chili and shiitake mushrooms and cook for 2 mins.
6. Then add the cabbage to the pan and cook for a further 3-4 mins, stirring constantly, until the cabbage has softened and is turning crispy.

Then pour in the sauce and cook for 3 mins until the sauce becomes sticky and the chicken is cooked through.

7. Place the brown rice onto two warm plates and spoon over the Shanghai-style Chicken, cabbage and shiitake mushrooms. Sprinkle with the spring onions and sesame seeds. Drizzle with a little sesame oil.