



We had (Yet again!) ½ a cooked Chicken spare! Even a very small Chicken goes a long way.

So round the World for £4 or less took us to Fiji last night!

Ingredients:-

500g Cooked Chicken, cubed

1 clove of Garlic, minced

1 Red Chilli, Sliced

1 Onion, finely Sliced

1 Carrot, sliced

1 Red Bell Pepper, slices

Cabbage, shredded

Oil to fry

Oyster Sauce

Lemon

1 Inch of fresh Ginger, grated

1 tbsp (Gluten Free) Soy Sauce

1 tbsp (Gluten Free) Worcestershire Sauce

Salt & Pepper to season

Method:-

Marinate the Chicken with the Ginger, Garlic, Oyster Sauce, Soy Sauce and Worcestershire Sauce for 30 minutes.

Fry ½ of the Onions and ½ of the Bell Pepper and sauté for a minute.

Add the Chicken.

Add Salt & Pepper and sauté for a further 5 minutes.

Add the remaining Peppers, Onions and Carrots and after 5 minutes add the remaining sauce.
Sauté for another minute.
Add the Cabbage and stir well, turning up the heat slightly.
Cover and lower the heat to steam for 2 minutes.

We served ours on a bed of Rice Noodles with Onion Bhajis