

## **Chinese recipes**

*Chinese cuisines are an important part of Chinese culture, which include recipes originating from the diverse regions of China. Many Chinese people have settled in other parts of the world and taken their food and ingredients with them. Because of the historical power of the country, Chinese cuisines have influenced many other cuisines in Asia, with modifications made to cater to local palates. Chinese food staples such as rice, soy sauce, noodles, tea, chili oil and tofu, and utensils such as chopsticks and the wok, can now be found worldwide.*

### **Chicken Chow Mein**

Serves 4

1 clove of garlic, crushed  
2.5cm piece root ginger, peeled and grated  
1 tbsp of light soy sauce  
1 tbsp rice wine vinegar  
350g breast of chicken, cut into strips  
225g dried egg noodles  
1 tbsp sunflower oil  
75g mangetout, halved  
100g broccoli florets  
3 spring onions, sliced  
1 red pepper, deseeded and thinly sliced  
100g beansprouts  
2 tbsp oyster sauce

Using a large bowl mix together the garlic, ginger, soy sauce and rice wine vinegar. Add the diced chicken and stir. Leave to marinate for 10 minutes.

Meanwhile cook the egg noodles in a pan of boiling water and cook for 4 minutes. Turn off the heat. Drain the noodles and return to the pan to keep warm.

Heat the sunflower oil in a large wok or frying pan and add the chicken and stir-fry for 5 minutes until browned.

Add the mangetout, broccoli, spring onions and pepper. Stir-fry for 5 minutes. Add the beansprouts, oyster sauce and fry for a further 5 minutes.

Stir in the noodles and serve.

### **Spiced Pork with Stir-Fried Greens**

*A quick and easy variation on a traditional stir fry. Serves 2 people but can be easily doubled.*

Serves 2

1 tbsp vegetable oil  
250g pork escalopes, sliced into thin strips  
Bunch spring onions, trimmed and sliced  
2 carrots, trimmed and cut into fine strips  
175g broccoli, broken into small florets  
3 celery sticks, sliced

2 heads of pak choi, broken into separate leaves  
2 tbsp fresh coriander  
Finely grated zest and juice of 1 lime  
A few thin slices of red chilli or a dash of sweet chilli sauce

Heat the oil in a wok or large frying pan. Add the pork and stir-fry briskly for 3-4 minutes. Tip in the spring onions, carrots, broccoli and celery and stir-fry over a high heat for 4 more minutes.

Add the pak choi and cook for a minute or so until the leaves have wilted. Toss in the coriander and lime zest, squeeze in a little lime juice, and add the chilli slices or sauce. Season with salt and pepper and serve straight away.

### **Fish with Courgettes and Peas**

Serves 4

2 tsp sunflower oil  
1 small onion, finely chopped  
1 green chilli, seeded and finely chopped  
2 courgettes, thinly sliced  
125g frozen peas, thawed  
350g skinless haddock fillet, cut into bite-sized pieces  
2 tsp lemon juice  
4 tbsp hoisin sauce  
lime wedges to serve

Heat the oil in a large non-stick frying pan. Add the onion, chilli, courgettes and peas. Stir over a high heat for about 5 minutes, until the onion and courgettes begin to soften.

Place the fish in the pan with the lemon juice, hoisin sauce and 150ml water. Stir, bring to the boil and simmer, uncovered, for some 2 – 3 minutes, until the fish is cooked through.

Serve with lime wedges.

*This recipe can be used with any firm-fleshed white fish instead of haddock.*