

Soy-poached chicken with pak choi, coconut rice hot and sour sauce

(Serves 2)

Ingredients

For the Rice

- 120g/4oz basmati rice
- 75ml/2.5fl oz coconut milk
- 150ml/5.5fl oz water
- pinch of salt

For the chicken

- 1 lime leaves, fresh or dried, finely shredded
- 1cm (0.5in) piece fresh ginger, finely sliced
- ½ garlic clove, sliced
- ½ red chilli, seeded and roughly chopped
- 1 tbsp light soy sauce
- 300ml/½ pint water
- 2 chicken breasts, boneless and skinless

For the hot and sour sauce

- 1 tbsp caster sugar
- ½ heaped tsp cornflour
- 2 tbsp rice vinegar
- 2 tbsp light soy sauce
- 1 tbsp rice wine or dry sherry

To serve

- 2 heads pak choi, cut in half lengthways
- 2 spring onions, chopped
- ½ tbsp toasted sesame seeds

Method

- 01.** For the rice, place the rice in a bowl, cover with cold water and soak for 15-20 minutes.
- 02.** Drain the rice and rinse and place into a saucepan. Add the coconut milk, water and the salt.
- 03.** Bring to the boil and reduce the heat to a very gentle simmer. Cover and cook for ten minutes, until the rice is tender.
- 04.** While the rice is cooking, place the lime leaves, ginger, garlic and chilli into a saucepan.
- 05.** Add the soy sauce and water and bring to the boil.
- 06.** Add the chicken breasts, then cover and cook over a low heat for four minutes.
- 07.** Turn the chicken in the liquid, then place the pak choi into a steamer and set the steamer over the chicken pan for three minutes until the pak choi is tender.
- 08.** For the sauce, while the chicken finishes cooking, place all the sauce ingredients in a small saucepan, place over a medium heat and bring to the boil.
- 09.** Simmer for a minute, stirring constantly until thickened and glossy.
- 10.** Slice the chicken and arrange on plates or in bowls with the coconut rice and pak choi.
- 11.** Drizzle with the sauce, scatter with the spring onions and sesame seeds, and serve immediately.