

Tangy Thai Chicken Stir-Fry

Thai food is all about the juggling of opposing elements to create a harmonious meal. Some people, in particular Westerners, see Thai food as a jumble of flavours but it's really about a balance of complexities.

Ingredients:

3-4 boneless skinless chicken breasts, cut into 2 inch pieces

1 red bell pepper, cut into 2 inch pieces

1 leek, chopped

1 small white onion, diced

8-10 cherry tomatoes

1 c. mushrooms, sliced

¼ c. frozen green peas

1-2 green onion, finely chopped for garnish

4 Tbsp sodium reduced soya sauce

½ c. brown sugar

1 Tbsp cornstarch

½ c. white wine vinegar

1 tsp fish sauce

1 tsp ground ginger

1 clove garlic, minced

1/8 tsp crushed red chilli flakes

Coarse sea salt and freshly ground black pepper to taste

Olive oil cooking spray

For marinade:

1 clove garlic, minced

2 Tbsp Tamari Sauce

1 tsp fish sauce

½ tsp sesame oil

½ tsp hot sauce

2 Tbsp rice wine vinegar

½ tsp ground ginger

½ tsp honey

Place cubed chicken breasts into a large zipper lock freezer bag. In a medium sized bowl, whisk together garlic, Tamari sauce, fish sauce, sesame oil, hot sauce, rice wine vinegar, ginger and honey. Pour sauce over chicken cubes, seal baggie and toss to coat. Refrigerate for several hours or overnight.

To cook, heat a large skillet or wok on medium high heat. When skillet is nice and hot, spray with olive oil cooking spray. Cooking half the chicken at a time, sauté until nicely browned on all sides, about 3-4 minutes. Transfer to a plate and cook remaining chicken. When chicken all cooked, add leek, onion and garlic to pan and sauté for a minute or so before adding in red pepper, mushrooms and cherry tomatoes. Saute vegetables for another minute or so and then add chicken and any juices back into skillet. Season with ground ginger, crushed red chilli flakes. Add coarse sea salt and freshly ground black pepper to taste. (Use salt sparingly...fish sauce and soya sauce will add some saltiness to the dish).

In a medium sized bowl, combine brown sugar and cornstarch. Whisk in soya sauce, white wine vinegar and fish sauce and pour contents into skillet, stirring to combine. Bring sauce to a gentle boil and allow to thicken. Add in ¼ cup frozen green peas. Let simmer 3-5 minutes and serve.

Serve over vermicelli or pad thai noodles or rice. Enjoy!