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|  | **Ingredients** | **Step** |
| Panang chicken stir fry | * 2 tbsp [olive oil](https://www.bbc.com/food/olive_oil) * 2 [chicken breasts](https://www.bbc.com/food/chicken_breast), cut into very thin strips * 1 tbsp clear [honey](https://www.bbc.com/food/honey) * 1 [onion](https://www.bbc.com/food/onion), finely chopped * 1 [courgette](https://www.bbc.com/food/courgette), finely chopped * 1 red [pepper](https://www.bbc.com/food/pepper), finely chopped * 2 sticks [celery](https://www.bbc.com/food/celery), finely chopped * 2cm/¾in piece fresh root [ginger](https://www.bbc.com/food/ginger), finely grated * 2 [garlic](https://www.bbc.com/food/garlic) cloves, crushed * 1 tbsp medium [curry powder](https://www.bbc.com/food/curry_powder) * 450g/1lb freshly cooked long-grain [rice](https://www.bbc.com/food/rice) (225g/8oz raw weight), cooled * 3 tbsp [soy sauce](https://www.bbc.com/food/soy_sauce) * 1 tbsp sweet [chilli sauce](https://www.bbc.com/food/chilli_sauce) * ½ [lime](https://www.bbc.com/food/lime), juice only * [salt](https://www.bbc.com/food/salt) and freshly ground [black pepper](https://www.bbc.com/food/black_pepper) * 4 [lime](https://www.bbc.com/food/lime) wedges, to serve | 1. Tip the rice into a medium saucepan. Add 300ml/10fl oz water and bring to the boil. Reduce the heat, cover with a lid and simmer for 10 minutes. Remove from the heat, drain off any excess water and leave to steam dry, uncovered in the pan until ready to use. 2. Heat a tablespoon of the oil in a frying pan or wok over a medium heat. Add the eggs and cook, stirring, until scrambled. Transfer to a plate and return the pan to the heat. 3. Heat the remaining tablespoon of oil in the pan over a high heat. Add the onion and pepper, then season with salt and pepper. Fry for 2 minutes, then add the garlic and ginger, if using, and fry for a further minute. 4. Reduce the heat to medium, add the cooked rice, spring onions, peas, if using, scrambled egg and soy sauce. Toss together and cook for 3–5 minutes, or until heated through. |