

# Jason Pettit – Capital Radio Recipe



**Bang Bang Chicken – a classic Sichuan recipe that you can cook in under 25 minutes!**

## **Ingredients – serves 4 people**

2 ea chicken breasts skinless & boneless (750gm approx.)  
2 ea spring onions (cut into 2inch lengths)  
1 Tsp salt

### ***bang bang sauce***

4 Tbsp light soy sauce  
2 Tbsp peanut butter (natural & unsweetened)  
2 Tbsp chili oil  
1.5 Tbsp Chinese black vinegar  
4 Tsp sugar  
2 lrg garlic cloves (grated finely)  
30 gm ginger (peeled & grated finely)  
1 Tsp Sichuan peppercorns (ground / crushed)  
2 ea spring onions (finely sliced)  
1.5 cups jasmine rice  
2.75 cups water  
pinch salt

## **Method**

Bring the water to the boil then stir in the salt and rice.  
Cover and reduce heat to low.

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Simmer for approx. 15 minutes.

Slice the chicken breasts into 1inch strips.

Place the lengths of spring onion onto a plate then place the chicken strips on top. Season with the salt.

Cook for approx. 10 minutes then turn off the steamer / heat.

If you have a steamer, bring it to full steam then place the plate of chicken in to cook. If you do not have a steamer, use your largest saucepan, place a heat proof bowl in the pan and add water until 10mm from the top of the bowl.

Bring to the boil and then place the plate of chicken in, cover and reduce heat to a gentle boil.

Place all sauce ingredients into a bowl and whisk together until fully combined. Taste and adjust with more chili oil | Chinese black vinegar | sugar according to taste.

Place cooked chicken onto a cutting board and pull / shred with 2 forks. Once shredded, pile into a clean serving bowl.

Stir the sauce and pour over liberally.

Garnish with the thinly sliced spring onions.

Serve with the steamed white rice.

Notes from the chef:

*Steaming chicken ensures all the flavour and nutrients are retained.*

*Slicing the chicken into strips ensures the chicken cooks quickly.*

*Chinese black vinegar (chiangking) has a mild smoky flavour but if you cannot find it then substitute rice vinegar.*

*Sichuan peppercorns can be crushed in a normal pepper mill or a pestle & mortar.*

*For a truly authentic experience, pour even more chili oil over the dressed shredded chicken.*

Tbsp - tablespoon

Tsp - teaspoon