

Cooking with MIFWA

Garlic, Ginger & Herbs Chicken



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INGREDIENTS

- 2 chicken breasts, cut into bite-size pieces
- 2 cloves of garlic, grated or diced into small pieces
- 1 x 2cm piece of ginger peeled, grated or cut into small pieces
- 1 x tablespoon freshly chopped parsley
- 1 x tablespoon fresh thyme, remove leaves from branch
- 1 x teaspoon freshly chopped oregano
- 3 tablespoon plain flour
- Salt & pepper for seasoning
- 1 tablespoon olive oil
- 2 tablespoons butter

METHOD

1. In a large bowl sift flour and add salt and pepper to taste.
2. Toss chicken pieces in the bowl and put to one side.
3. In a deep sided frypan or wok, set on medium heat and add butter, oil, when melted and beginning to sizzle, add the chicken pieces, shaking off the flour as you go, toss and fry for about 5 minutes, add the garlic and ginger and cook until the fragrance of the garlic dissipates.
4. Add all the fresh herbs and cook for a few minutes more.
5. Using a slotted spoon, put the chicken onto paper towels to soak up any excess oil and cover with foil.

VARIATIONS

You could use the chicken in wraps with salad, or on its own with steamed veggies. Serve however you like. Bon Appetit!!