

Chinese Chicken and Pumpkin One-Pot

Serves 4-6

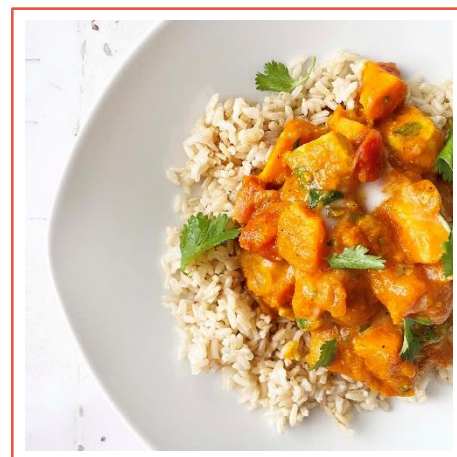


Ingredients (allergens in bold)

- 1 tbsp rapeseed or sunflower oil
- 8 chicken thighs, skinned
- 2tbsp reduced salt **soy sauce**
- 2tbsp rice vinegar
- 1 tbsp **fish sauce**
- 2tbsp soft brown sugar
- 1 red chilli, de-seeded and finely chopped
- 2cm piece fresh root ginger – peeled and grated
- 2 garlic cloves, peeled and crushed
- 1 bunch spring onions, washed and sliced
- 900g pumpkin or squash, peeled, de-seeded and cut into 2cm chunks
- 1 orange, zested and juiced
- 1 star anise pod
- pinch salt and pepper to taste

Method

1. Heat the oil in the pan and brown the chicken thighs all over. Take the chicken out and place it on a plate.
2. Mix the soy sauce, vinegar, fish sauce and brown sugar in a small bowl.
3. Put the chilli, ginger, garlic and spring onions in the pan and cook over a medium heat for 2 minutes then add the soy sauce mixture.
4. Return the chicken to the pan, add the pumpkin chunks, orange zest & juice, star anise and 3 tbsp water. Put the lid on, lower the heat and simmer gently for 30 minutes, stirring occasionally. Don't let the pan dry out – add a little more water if needed to keep it saucy.
5. Check that the chicken is cooked all the way though, with no pink juices running out of the meat when pierced with a knife. Taste and season with salt and pepper as required.



Equipment

- sharp knife
- grater
- chopping board
- large heavy pan with lid
- wooden spoon or spatula
- plate
- teaspoon
- tablespoon
- small bowl

Recipe notes and tips

- This can be cooked in a slow cooker – brown the chicken in a pan then transfer to the slow cooker with all other ingredients and cook on High power for 6-8 hours.
- Save a few of the spring onions to sprinkle on top as a garnish
- Great served with rice.