



Oriental Chicken Thighs, 5 Spiced Chicken Thighs, Oriental Sauce, Basmati Rice and Stir-Fry Vegetables. CCS010

Cooking Instructions:

Preheat oven to 190 degrees.

For the chicken, pan fry thighs in a suitable frying pan or wok, until browned on each side.

For the sauce, heat in microwave, for 1-2 minutes on medium, snip and pour into pan with chicken mix and simmer for 2-3 minutes, transfer chicken and sauce into a suitable baking dish and bake for 15-20 minutes.

For the vegetables, in the same frying pan or wok, add a little oil and bring to heat, stir-fry the veg for 2- 3min until still crisp, remove from pan and serve with chicken.

For the rice, soak rice for 5 minutes and wash twice. For a portion for 4 people, boil rice in 2 1/2 cups boiling water, add 1tsp salt, and boil for 10-12 minutes.

Switch off stove plate, and leave rice to steam for further 15 minutes, to finish cooking process.