



We're on the 'A million ways to spin a whole Chicken out' gig again. Sue roasted the Chicken stuffed with halved Lemons, sprinkled with Chilli flake and fresh Garlic, on a bed of fresh Rosemary. Which in itself would have been a cracking dinner. But yesterday was an unforgivingly hot evening and by the time the Chicken had been in the oven for over an hour neither of us could face a roast dinner. So an impromptu stir fry was hatched. I even sold out and bought a stir fry packet for 80p ? How lazy?

Ingredients:-

The thigh meat from the cooked Chicken, stripped
Boiled Rice
Stir fry veg pack
Soy Sauce
Chilli flakes

Method:-

- (1) Fry the stir fry mixed vegetables in a little oil.
- (2) Add the rice and stripped Chicken
- (3) Lace with incredibly hot Chilli Flakes from the local Continental super market!
- (4) Drown in Soy Sauce!
- (5) Mix well and serve
- (6) Listen to Sue swigging on antacid all night?...

It was my turn to cook so steps 4, 5 & 6 are not wise unless you like quite some punch!