



**I ventured into our local Chinese supermarket yesterday. I was actually looking for a tin of Water Chestnuts but found a pack on Mono-sodium Glutamate (MSG) for 95p. We are aware that there were scar stories a few years ago, but everything in moderating and all that...**

### **Ingredients:-**

2 Tbsp of Cornflour  
1 Tbsp of Brown Sugar  
400ml of Chicken Stock  
2 Tbsp of Soy Sauce (Gluten free here)  
2 Chicken Breasts, cubed  
100g of Brown Mushrooms, sliced  
1 Small Green Pepper, sliced  
225g of tinned sliced Water Chestnuts  
½ Tsp of Mono-sodium Glutamate (MSG)  
1 ½ Tsp fresh Ginger, minced (Home grow, it doesn't get much fresher than that!)  
4 Spring Onions, sliced  
100g of Cashew Nuts  
2 Cloves og Garlic, minced  
1 Onion, finely diced  
Oil to fry  
Salt & Pepper

### **Method:-**

(1) Mix the Cornflour, Brown Sugar, Chicken Stock and Soy Sauce to make a smooth paste.

- (2) In a large flat bottomed wok or frying pan, heat 2 tablespoons oil over medium-high heat; stir-fry chicken until no longer pink. Remove from pan.
- (3) Add the Onion and fry until translucent.
- (4) Add the Mushrooms, Pepper, Water Chestnuts and Ginger, frying until the Pepper is tender.
- (5) Return the Chicken to the Wok and stir.
- (6) Add the Mono-sodium Glutamate and then the Cornflour mix.
- (7) Add the Spring Onions and bring to a simmer.
- (8) Cook and stir until sauce is thickened, 1-2 minutes.
- (9) Add the Cashew Nuts stir in and allow to simmer for a minute or so.

**We served this over Rice Noodles with a few deep fried Noodles to garnish. Dressed with a little extra Ginger and a sprinkle of Paprika. This was as near to an authentic Chinese style dish as we can imagine. We were like a pair of little kids ?Oh that?s so good, nom nom nom?. Etc!!!!**