



COOKING



CULTURALLY



BLACK BEAN CHICKEN WITH SNOW PEAS

Serves 3-4

Central Asia

Buy it

- 2 tablespoons of salted, fermented black beans
- 3 tablespoons oil
- 400 grams of chicken thighs, cubed
- 1 onion, cut into wedges
- 3 cloves garlic, crushed
- 2 centimetre length ginger, thinly sliced
- 100 grams snow peas, trimmed
- 1-2 chillies, whole
- 1 teaspoon fish sauce
- 1 teaspoon soy sauce
- cracked pepper
- ½ teaspoon sesame oil
- ½ cup coriander, chopped
- 1 teaspoon sesame seeds, toasted
- 1 stalk spring onion, thinly sliced

Do it

- soak black beans in cold water, changing it two or three times to remove most of the salt
- heat oil in a wok or fry pan until very hot, add chicken, onion, garlic and ginger and fry for 3 minutes
- add chillies and drained black beans and fry for 3 minutes
- add fish and soy sauce
- turn down the heat, add pepper (to taste) and snow peas and stir for 1 minute
- add sesame oil, turn off the heat and add coriander
- serve with steamed rice and sprinkle with toasted sesame seeds and spring onion