Main dishes / China

Chicken braise with drained sweetcorn and okra · China

A gentle chicken braise with drained sweetcorn, okra and a light China-inspired sauce.

Time 45 min **Servings** 4

What you'll need.

- ☐ 150 g onion
- ☐ 600 g chicken breast
- ☐ 300 g okra
- ☐ 25 ml soy sauce
- ☐ 15 ml rice vinegar
- ☐ 30 ml neutral cooking oil
- ☐ 350 g drained sweetcorn
- ☐ 400 ml low-salt vegetable stock
- ☐ 10 g finely grated fresh ginger
- ☐ salt and pepper to taste

Let's make it.

01 Dice the chicken evenly. Clean and chop the vegetables and finely chop the onion.

02 Soften the onion in the oil. Add the chicken and brown all over, using clean utensils.

03 Add the vegetables and stock and bring to a boil. Cover and simmer gently for twenty-five minutes.

04 Check the chicken reaches at least 74°C at the centre and the vegetables are completely tender.

05 Stir in the soy sauce, finely grated fresh ginger, rice vinegar and taste before serving.

AI-developed, not kitchen-tested.

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