

GAI YANG

Serving 8

INGREDIENTS:

1 kg chicken breast

1 large lemongrass stalk, white part only very finely chopped (about 2 tbsp)

6 cloves garlic, minced

2 tablespoons lime juice

2 teaspoons finely chopped red chili (optional but recommended)

3 tablespoons fish sauce

1 teaspoon sesame oil (optional)

3 tablespoons brown sugar or palm sugar

2 tablespoons honey (or 1 tablespoon brown sugar)

½ tablespoon black pepper

PREPARATIONS:

1. Place marinade ingredients into a mortar and bang until smooth.
2. Rub Marinade on the chicken and massage to spread the marinade over all the chicken. Marinate for a minimum of 20mins. At home marinate for 3 hours, preferably overnight (up to 24 hours).
3. Remove chicken from the marinade and discard the marinade (unless baking in the oven).
4. In a frying pan or grill on medium high, heat ½ tablespoon oil in a non stick pan over medium high heat on the stove.
5. Cook the chicken until golden brown - around 5 minutes each side.
6. Pop in the oven for 10 mins to make sure it is cooked through.
7. Rest for a few minutes before serving with lime wedges on the side, and garnished with fresh chilies and cilantro.