

## Chicken Fried Rice

### Ingredients:

- 2 chicken breasts
- 2 Microwavable bags of rice
- 1 Onion
- 2 Carrots
- Medium Curry Powder
- Salt
- 4 Eggs
- Peas
- Garlic granules
- Ginger (Root or Lazy)
- Chinese 5 Spice
- Soy Sauce
- Hoisin Sauce

### Instructions:

- 1) Cut the chicken into cubes in a bowl, then mix the chicken with a pinch of salt and add 2tbsp curry powder. Put in air fryer and cook for 12 minutes at 200°C
- 2) Grate the carrots
- 3) Chop the onion into small chunks

- 4) Scramble the eggs in a bowl in the Microwave. Once cooked, place to one side
- 5) Microwave the rice for 2 mins
- 6) In a bowl put the rice, add 3tbsp hoisin sauce.
- 7) Add the carrot into the rice bowl
- 8) Add the onion into the rice bowl
- 9) Add the peas into the rice bowl
- 10) Mix all of it together
- 11) Add 2 tsp of:
- 12) Garlic granules
- 13) Ginger
- 14) Chinese 5 spice
- 15) Mix again, then take the rice bowl to the air fryer where the chicken is. Add the rice mix to the chicken, along with the scrambled egg, then combine together.
- 16) Cook at 200°C for 5 minutes



The project is using produce from the allotment area at The Mount Community Garden.

The members have grown this produce from seed or cuttings and harvested it to use in their cooking, using energy efficient appliances - air fryer, microwave and slow cooker.

### Booklet 1

## **Jacket Potatoes, Leek & Potato Soup & Chicken Fried Rice**



## Coleslaw

### **Ingredients (Serves 4)**

- ½ Shredded red or white cabbage
- ½ Finely Chopped red or white onion
- 1 Grated carrot

### **Sauce for Coleslaw**

- 3 tbsp Mayo
- 1 tsp Lemon Juice
- 1 tbsp White Wine Vinegar or Cider Vinegar
- 1 tsp Wholegrain Mustard
- Pinch of salt and a pinch of pepper
- Pinch of sugar for taste

Mix all ingredients thoroughly. Leave in fridge for 1 hour

## Jacket Potatoes

### **Ingredients:**

- 4 x Potatoes
- Oil
- Salt and Pepper

### **Instructions:**

- 1) The potatoes need to be pricked before putting into microwave on full

power for 10 mins (turn over halfway through)

- 2) Wipe olive oil over the potatoes (To create crispier potatoes)
- 3) Sprinkle Salt and pepper over the potatoes
- 4) Put the potatoes into the air fryer at 200C and cook for 20 minutes, turning over halfway through.

## Leek & Potato Soup

### (Requires use of a blender)

### **Ingredients:**

- 3-4 Potatoes
- 2-3 Leeks
- 2 Shallots or 1 Onion
- 3 Cloves Garlic
- 3 tbsp Olive Oil
- 2 Cups Veg or Chicken Stock
- 1 Cup of Cream or Milk or ½ Milk + ½ Cream (Using milk makes the soup thinner)
- 1 tsp Salt + ½ tsp Pepper
- Chives for garnish

### **Instructions:**

- 1) Pre-heat air fryer to 200°C
- 2) Peel potatoes and cut them into 1" Cubes
- 3) Toss potatoes with 2 tbsp Olive Oil and season with salt and pepper
- 4) Add potatoes to pre-heated air fryer
- 5) Cook in the air fryer for 10min at 200°C
- 6) While potatoes are cooking, remove skin from garlic and onion, cut leeks into half moons
- 7) Toss the onion, leeks and garlic cloves with the remaining 1tbsp olive oil and season with salt
- 8) When 10min has passed, remove the basket from the air fryer. Add onion, leeks and garlic to the basket. Mix and return basket to the air fryer.
- 9) Cook for a further 15-20mins at 200°C, stirring every 5 mins until potatoes are soft and veg is brown
- 10) Add your veg to the blender
- 11) Blend until smooth, then add cream and stock and blend till well mixed.
- 12) Top with chives to garnish