

Easy Steamed Chicken

Video time: 11 minutes

What you need to take part:

- Approx. 4–8 pieces of chicken (thighs, drumsticks or breasts)
- 1–1.5 tablespoons of your favourite spices per 4–8 chicken pieces
- 0.5 teaspoon chilli sauce, chilli or chilli powder (to taste)
- 0.5 teaspoon salt
- A medium-sized firm-based lidded pan, pot or Dutch oven
- A spoon or spatula

Recipe:

1. Place chicken in pan, add spices, salt and chilli and mix in.
2. Place pan on a low heat with a tight fitting lid, allow to come to the boil and simmer gently.
3. There should be no need to add water but keep an eye on the pan from time to time. If it becomes dry, add a little water.
4. Cook for 30 to 35mins (longer if you have more chicken or larger pieces), stirring once or twice to ensure even cooking.
5. Serve when cooked or use in favourite dishes or salads.
6. Keep stock produced to use in further cooking or to freeze.