

Szechuan Stir-fry with Jasmine Rice - Jamie Oliver

Yield: 4 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/jamie-oliver-chinese-recipe>

Ingredients:

- 1 bunch coriander leaves fresh, picked and put to one side - stalks finely chopped
- 13/16 inch fresh ginger peeled and sliced into matchsticks
- 2 garlic fat cloves, thinly sliced
- 1/2 red pepper a medium, deseeded and finely sliced
- 4 spring onions trimmed and sliced
- 1 handful peanuts
- 2 boneless skinless chicken breast fillets large, sliced into thinnish strips
- soy sauce a splash of
- 1 teaspoon cornflour
- 1/2 Szechuan peppercorns a teaspoon of, or more if you like a bit of heat
- 2 red chillies small dried
- sea salt
- sweet chilli sauce
- vegetable oil for stir-frying

Nutrition:

1. Calories: 170 calories
2. Carbohydrate: 7 grams
3. Fat: 14 grams
4. Fiber: 3 grams
5. Protein: 6 grams
6. SaturatedFat: 1.5 grams
7. Sodium: 490 milligrams
8. Sugar: 2 grams

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