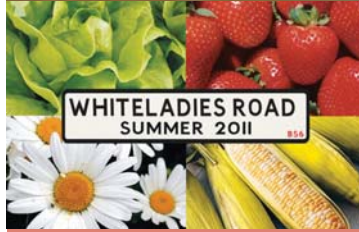


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**KEEP
WHITELADIES
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**WHITELADIES ROAD
SUMMER 2011**



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Whiteladies Road

Whiteladies Road stir fry

Serves 4–5

Ingredients

- 3 fresh chicken breasts (or tofu to make the dish vegetarian)
- 2 medium red onions
- 1–2 cloves of garlic – crushed/finely chopped
- 3 medium carrots, peeled and cut into fine batons
- 1 whole pepper finely chopped.
- 1 large broccoli floret
- 1 tin of chopped tomatoes
- 1 tablespoon cumin or cumin seeds (jeera)
- chilli powder to taste
- ½ teaspoon turmeric
- 3 tablespoons light soy sauce
- 3 tablespoons grated ginger
- 450g basmati rice

Method

First, rinse the rice in cold water and then put on to boil in a pan of water. To make the rice go yellow, add ½ tsp of turmeric.

Cut the chicken breast into small slices. Slice the onion and cut the broccoli into small pieces. Heat the oil in a wok or large sided frying pan until hot and reduce to medium heat.

Add the garlic, cumin, ginger, chilli powder and onions and fry for 30 seconds until the garlic has started to brown. Add the chicken and cook for 5 minutes stirring to brown the chicken on all sides. To avoid burning the garlic, reduce heat and add a little oil if needed.

Add the broccoli, carrots and peppers and cook for a further 3–4 minutes. Add the tomatoes and soy sauce and cook through for a further 3 minutes. Strain the rice and serve. Alternatively, serve with noodles.

Where you could buy the ingredients From many independent traders in the area including Sheepdrove, Wild Oats, Earthbound, Better Food Company, and Whiteladies Road Farmers' Market (1st & 3rd Saturday of the month).