

Preparation time: 30 minutes Serves 4

## Stewed Chicken with Bitter Gourd and Pumpkin

*Bitter gourd and pumpkin make a surprisingly palatable combination in this quick, fuss-free dish.*

### INGREDIENTS

Chicken	1/2, skinned
Olive oil	1/2 Tbsp
Dried chillies	5
Spring onions (scallions)	6, bulbs only
Garlic	3 cloves, whole
Chinese parsley	6 stalks, cut into 5-cm (2-in) lengths
Bitter gourd	1/2, medium, cut into 2.5-cm (1-in) slices
Pumpkin	1/4, small, cut into 2.5-cm (1-in) pieces
Ginger	2.5-cm (1-in) knob, peeled and sliced
Water	200 ml (6 1/2 fl oz / 4/5 cup)

### METHOD

- Bring a pot of water to the boil and scald chicken for about 30 seconds. Remove, drain and immediately plunge into a bowl of iced water. Remove, drain and cut into bite-size pieces.
- Heat oil in a claypot over medium heat. Add chilli and stir-fry for a couple of minutes. Add spring onion bulb, garlic and Chinese parsley and stir-fry for 3–5 minutes, then add bitter gourd, pumpkin, ginger and chicken and stir-fry for another minute.
- Add water and bring mixture to the boil. Reduce heat to low and leave to simmer for 20 minutes or until chicken and pumpkin are tender.
- Dish out and serve immediately with rice or pasta.

Per serve	
Calories	158 kcal
Carbohydrate	3.9 g
Fat	5.2 g
Cholesterol	50 mg
Fibre	5.2 g

