



# Chicken Chashu

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## INGREDIENTS

- 1 chicken breast
- 1% salt (based on the weight of the chicken)



Serves: 2



Prep Time: 5 min



Cooking Time: 12 min

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## METHOD

1. Boil a pot of water.
2. Weigh the chicken breast and rub with 1% salt (based on the weight of the chicken). Roll up the chicken breast tightly at least 2 times in cling wrap and tie the ends.
3. Place the rolled chicken in boiling water until cooked through (12 minutes for 170-200g piece).
4. Remove the plastic and slice the chicken.



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