

Crispy Honey BBQ Pheasant

Rustle up a delicious 'fakeaway'

Serves: 4

Prepare: 10 Minutes

Cook: 25 Minutes

Difficulty: easy



Ingredients

- 4 large [pheasant breasts](#), cut into bite sized portions
- 300g rice crispies, crushed
- 1 orange/yellow bell Pepper, sliced thin
- 2inch piece ginger, grated
- 2 garlic cloves, minced
- 150ml teriyaki Sauce
- 100ml honey
- 100ml BBQ Sauce
- ½ tsp onion powder
- ½ tsp garlic powder
- ½ tsp dried chilli flakes
- 3 spring onions, sliced
- Sesame oil
- plain flour
- 2 eggs, beaten
- Sesame Seeds for garnish.

Method

1. Preheat oven to 180°C
2. Pour the bbq sauce, honey and teriyaki sauce into a jug and stir. Place to one side
3. Slice the pheasant breasts into bite sized portions and place them in a freezer bag. Pour in the onion powder, garlic powder, chilli flakes and flour, holding the bag closed with one hand simply shake the bag to ensure the meat is evenly coated
4. Crush the rice crispies to make a coarse crumb then transfer the mix to a bowl. Crack two eggs into a separate bowl and beat with a fork. Dredge the pheasant strips in the egg and roll in the crumb mix before placing them on a baking tray. Pop in the oven and bake for 20 minutes, once cooked remove and place to one side
5. Pour 1 tbsp sesame oil into a large wok or frying pan and quickly fry up the ginger and sliced peppers until they have softened slightly. Add in the garlic and crispy pheasant slices then pour over the sauce. Make sure the pheasant is evenly coated in the sauce and cook for 2 minutes
6. Serve hot with rice or noodles and garnish with sliced spring onions and sesame seeds.