

Karaage Pheasant

Looking for some lunchtime inspiration that doesn't take forever to make? Step this way...

Serves: 2

Prepare: 40 Minutes Cook: 15 Minutes Difficulty: Easy

Ingredients

- 4 pheasant breasts, sliced
- · 2tbsp fresh ginger, grated
- 2 garlic cloves, grated
- 4tbsp light soy sauce
- 2tbsp rice wine
- 2 spring onions, thinly sliced
- vegetable oil (for frying)
- kewpie mayonnaise
- 150g rice

Method

- Lay the pheasant breasts on a flat surface and cut into even strips. Place the pheasant in a bowl then cover with soy sauce, rice wine, grated ginger and garlic. Ensure the pheasant is well coated then refrigerate for 30 minutes
- Bring a large pan of water to the boil and cook the rice according to instructions. Drain the rice and return to the pan and cover with a lid, allowing the rice to steam and fluff up
- 3. Fill a pan with oil, roughly 4 inches deep and place it over a high heat until the oil reaches around 180°C
- 4. Remove the pheasant from the fridge and transfer the meat to bowl. Pour over cornflour and toss the meat thoroughly to ensure an even coating
- 5. Transfer the pheasant to the oil and fry in batches for 5 minutes. Once cooked, remove the crispy pheasant from the oil and lay it on a wire rack with some kitchen paper
- 6. Divide the rice into two bowls and place the karaage pheasant on top. Garnish with sliced spring onions, kewpie mayonnaise and a slice of lemon