

# KELP CHICKEN DELIGHT

¾ cup minced fresh storm-cast bull kelp  
¼ teaspoon salt  
1 onion (diced)  
1 head garlic (peeled & sliced)  
2 tablespoons olive oil  
500 mL water  
1 tablespoon vinegar  
2 tablespoons soy sauce  
Spices of your choice. We use:  
    ¾ tablespoon chicken stock powder  
    2 bay leaves  
    pinch curry powder  
    small pinch pepper  
2 cups cooked diced boneless chicken  
1 egg  
½ cup grated tasty cheese  
¼ cup chopped spring onions

Heat oil in frypan, add onion & garlic and heat until clear.

Add the kelp & salt and stir while heating.

The colour of the kelp will change from brown to bright green.  
Continue stirring. The cooking mass will develop long sticky strands that adhere to the spoon when it is lifted from the pot.

Continue stirring while adding the water, vinegar, soy sauce & spices.

Continue heating until the liquid is reduced to a point where it is almost gone, stirring occasionally (approximately 20-30 minutes).

Add chicken and stir through until warm.

Remove bay leaves.

Finally add the egg, cheese & spring onions, and stir through until the eggs are cooked.

Serves 2