

GF Friendly

Char Siu Chicken Stir-fry

An Asian-style chicken, vegetable and rice stir-fry

Not much to say about this, except that it is a typical stir-fry with a light spicy flavour.

- 1 chicken breast fillet
- 2 Tbsps Lee Kum Kee char siu sauce
- 1 Tbsp sherry
- 2 Tbsps extra virgin olive oil, or similar
- ¼ tsp sesame oil
- 1 small onion, coarsely chopped
- 1 carrot, peeled and julienned
- 2 cup mushrooms, peeled and sliced
- ¼ capsicum, sliced
- 1 cup chopped cabbage
- ½ cup each frozen peas and green beans
- 1 cup uncooked white rice + water and...
- 1 tsp chicken stock powder
- 1 tsp minced garlic or crushed clove
- ¼ tsp turmeric
- ¼ tsp salt (optional)



- 1 tsp garam marsala
- ½ tsp powdered ginger
- ¼ tsp ground black pepper
- ¼ cup water

Trim any fat and skin from the chicken breast and slice thinly across the width. Mix the char siu sauce with the sherry in a suitable dish, toss the chicken slices in this to coat thoroughly; then cover and consign to the fridge to marinate for an hour or more.

Boil the rice in sufficient water with the stock powder. Once cooked, drain in a colander and flush with cold water to remove the starch; then cover and set aside. Now prepare the vegetables as above. These can be immersed in a bowl of cold water if not being used immediately; but drain well before frying.

In a wok or deep frying pan, warm 1 tablespoon of oil; then stir-fry the chicken slices over a low-medium heat, turning frequently for about five minutes until cooked through. Remove from the pan and put back in the marinade bowl. To the same pan, add 1 tablespoon of oil and the sesame oil. Put the garlic, garam marsala, ginger powder and turmeric to warm in the oil before adding all of the vegetables. Stir-fry these over a medium heat for about 10 minutes, add the ¼ cup of water, mix well, then continue stir-frying for 5-10 minutes to soften. Add the chicken slices with any leftover marinade and toss to combine while stir-frying. Finally add the rice and stir-fry a further five minutes or more to heat through. Serve on warmed plates.

Serves 2

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