

Chicken Stir Fry

A variety of vegetables fried with chunks of chicken in a ginger and garlic soy sauce.



Serves - 4



Prep time - 15 mins



Cooking time - 15 mins



Ingredients



300g chicken diced



2 carrots



1 orange pepper



½ broccoli



½ packet of mushrooms



½ lime



2cm ginger



1 tbsp rice vinegar



6 tbsp soy sauce



2 tbsp sesame seed oil



2 garlic cloves



1 chilli finely chopped



2 packets fine udon
noodles

Method



- 🔥 Start by chopping the chicken into small cubes then adding it to a hot Cooking Bowl over a kadai.
- 🔥 Cut up carrots, pepper, broccoli and mushrooms.
- 🔥 Once the chicken has been nearly cooked through add the peppers and carrots.
- 🔥 In a small bowl, mix together the grated ginger, rice vinegar, soy sauce, sesame seed oil and crushed garlic cloves.
- 🔥 After cooking for 5 mins add the mushrooms and broccoli and sauce to the stir fry.
- 🔥 Cook until the chicken is cooked through and vegetables are soft, then move form the heat.
Serve and enjoy!



Cookware

Cooking bowl
& Tripod



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