

## Chicken and Macadamia Stir Fry

**Serves:** 4

**Prep time:** 30 minutes

**Cook time:** 15-20 minutes



2 serves per portion

### Ingredients

3cm knob ginger, finely grated

3 garlic cloves, finely grated

2 tablespoons oyster sauce

1 tablespoon light soy sauce

1 tablespoon rice cooking wine (Shaoxing wine)

1 teaspoon sesame oil

1 tablespoon cornflour

½ cup water

2 tablespoons olive oil

500g skinless chicken breast, cut into strips

200g (2 ½ cups) brown mushrooms, quartered

2 bunches asparagus, cut into 5cm lengths

5 spring onions, cut into 5cm lengths

2 bunches Asian greens (e.g. choi sum, kai lan or bok choy), roughly chopped

½ cup roasted macadamias



Everyday Food

### Method

COMBINE ginger, garlic, oyster sauce, light soy sauce, rice wine, sesame oil and cornflour in a small bowl, then slowly whisk in the water. Set aside.

HEAT wok (or large frypan) over medium-high heat, then add a tablespoon of oil once hot.

FRY chicken for 5-10 minutes until cooked through, then remove and set aside. Wipe wok clean with paper towel, then reheat and add remaining oil.

ADD mushrooms to wok and fry for 1-2 minutes until browned.

ADD asparagus and spring onion and fry for 2 minutes, then add Asian greens and fry for a further 2 minutes.

RE-WHISK the stir fry sauce. Add sauce to the pan along with the chicken and macadamias, stirring until the sauce thickens (1-2 minutes).

SERVE with your choice of rice or noodles.

*Recipe courtesy of the Country Kitchens team*