Chinese Style Chicken Stir Fry for Two

Serves: 2 Prep time: 10 minutes Cook time: 15 minutes



Ingredients

¼ cup Chinese cooking wine
1 tablespoon oyster sauce
½ teaspoon Chinese five spice
1 tablespoon reduced salt soy sauce
1 tablespoon honey
Salt and pepper, to taste
1 tablespoon peanut or vegetable oil
1 medium onion, sliced
1 chicken breast or 2 chicken thighs, cut into strips
2 cups frozen stir fry vegetables
Rice or noodles, to serve



COMBINE Chinese cooking wine, oyster sauce, Chinese five spice, soy sauce, and honey in a small bowl. Set aside.

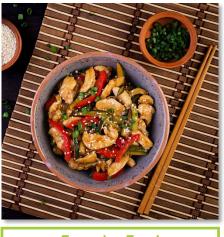
HEAT oil in a wok or large frypan over medium-high heat.

ADD onion and chicken, stirring frequently until the chicken is lightly browned on the outside. ADD frozen vegetables and sauce mixture. Stir fry for about 10 minutes or until the vegetables are tender and the chicken is cooked through.

SERVE with rice or your favourite noodles.

Recipe courtesy of Diane Walsh, Killarney Branch





Everyday Food