

## Chinese Style Chicken Stir Fry for Two

**Serves:** 2

**Prep time:** 10 minutes

**Cook time:** 15 minutes



2 ½ serves per portion

### Ingredients

¼ cup Chinese cooking wine

1 tablespoon oyster sauce

½ teaspoon Chinese five spice

1 tablespoon reduced salt soy sauce

1 teaspoon 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

### Method

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.



Everyday Food

*Recipe courtesy of Diane Walsh, Killarney Branch*