

Chicken, Mushroom & Oyster Sauce Stir-Fry

Serves 2-3

Preparation Time: 10 mins

Cooking Time: 15 mins

In less than 30 minutes you can enjoy a healthy, nourishing meal.

Ingredients

- ❖ 450g (1 lb) chicken breasts, skinned
- ❖ 10ml (2 tsp) soy sauce
- ❖ 10ml (2 tsp) sherry
- ❖ 5ml (1 tsp) sesame oil
- ❖ 10ml (2 tsp) corn flour
- ❖ 45ml (3 tbsp) groundnut oil
- ❖ 3 garlic cloves, crushed
- ❖ 2.5cm (1 inch) piece ginger, cut into thin strips
- ❖ 225g (8oz) mixed mushrooms, sliced
- ❖ 2 spring onions, shredded
- ❖ 45ml (3 tbsp) oyster sauce
- ❖ 5ml (1 tsp) light soy sauce
- ❖ 5ml (1 tsp) dark soy sauce
- ❖ 10ml (2 tsp) caster sugar
- ❖ 90ml (3 fl oz) chicken stock

Directions

1. Cut the chicken into strips and toss with the soy sauce, sherry, sesame oil and corn flour.
2. Heat 30ml (2 tbsp) groundnut oil in a wok. Add the chicken and stir-fry for 5-7 minutes until browned. Remove and set aside.
3. Add the remaining groundnut oil, garlic, ginger, mushrooms and spring onions and stir-fry for 30 seconds.
4. Return the chicken to the wok with the oyster sauce, light and dark soy sauces, sugar and stock.
5. Simmer for 1 minute and serve immediately.

Serving Suggestion

- ✓ Serve with noodles.

Notes

- ✓ Plain, white mushrooms work for this dish but experiment with different varieties of Chinese mushrooms, e.g. shiitake, for more intense and interesting flavours.

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