

An easy way to pack five veggies into one dish.



EDUCATION SECTOR: PRIMARY
SERVINGS: 10

Chinese Style Chicken Stir-Fry

Ingredients

FOR THE CHICKEN

10g KNORR Professional Garlic Puree
10g KNORR Professional Ginger Puree
15g KNORR Professional Chicken Powder Bouillon
5g Chinese five spice
200ml Water
750g Chicken thigh, diced

FOR THE STIR FRY

250g Onion
100g Red pepper
250g Carrot
200g White cabbage
150g Sweetcorn

Method

FOR THE CHICKEN:

- Mix the chicken with the five spice, KNORR Professional Garlic & Ginger Purees, half the water and the KNORR Professional Chicken Powder Bouillon then cover, chill, and allow to marinate for 30 minutes.

FOR THE STIR FRY:

- Peel the carrots, onions and outer leaves of the cabbage then thinly slice.
- Thinly slice the pepper and spring onion.
- Pour the remaining water into a saucepan and bring to the boil.
- Add the chicken and stir until sealed then add all the vegetables and stir-fry for 3-4 minutes.
- Cover and allow to steam for another 4-5 minutes or until the chicken is cooked and core temperature is reached.
- Remove from the heat and serve with steamed rice.

