

CHICKEN BROCCOLI STIR-FRY



Moderate



20 minutes



Main



Serves 4-6

INGREDIENTS

500g chicken breast, thinly sliced
1½ tsp baking soda
2 tbsp conflour
3 tbsp soy sauce
1½ tbsp rice/white wine vinegar
3 tbsp oyster sauce
2 tsp sesame/sunflower/olive oil
dash of white pepper
2 tbsp vegetable oil
1 onion, sliced
2 garlic cloves
400g broccoli florets
1¼ cups water
rice of your choice



COOKING STEPS

Broccoli: steam or boil using your preferred method until cooked to your taste (it won't cook any further in the stir fry). Drain well.

Sauce: Mix the cornflour and soy sauce until lump free, then mix in the remaining ingredients.

Heat oil in a large pan over a high heat. Add the garlic and onion, stir for 10 seconds until the garlic starts to go golden.

Add the chicken and cook for 2 minutes or until the chicken is just cooked through.

Add the broccoli, sauce and water. Stir well and cook for 1 to 2 minutes until the sauce thickens and becomes glossy and coats the ingredients.

Serve over rice.