

Posted on 6 May 2019

by Liz Robb

An easy Chinese style stir fry made with chicken, almonds and plenty of healthy

vegetables in a very tasty sauce. An ideal supper dish when served with simple Jasmine rice.

Ingredients

3 tablespoons of soy sauce
2 tablespoons of oyster sauce
1 teaspoon of sesame oil
1 teaspoon of rice vinegar
2 teaspoons of white sugar
2 teaspoons of cornflour
100g blanched almonds
2 shallots
A small piece of ginger
1 red pepper
100g baby chestnut mushrooms
75g mange tout
50g canned water chestnuts
75g canned bamboo shoots
2 tablespoons of groundnut oil

Servings
4
Person

Preparation

1. First make the sauce. Mix together the soy sauce, oyster sauce, sesame oil, rice vinegar and sugar with 3 tablespoons of cold water. Make a paste with the cornflour and 2-3 teaspoons of cold water and stir it into the sauce. Set aside.
2. Toast the almonds gently in a hot dry pan for a minute or two and then set aside.
3. Peel and finely slice the shallots, peel and roughly grate the ginger, deseed and thinly slice the pepper, wipe and halve the baby mushrooms and diagonally halve the mange tout.
4. Slice the chicken into short strips, removing any skin. Heat a tablespoon of groundnut oil and fry the chicken in a hot wok for 6-7 minutes, or until cooked through and browned. Lift out onto a warm plate with a slotted spoon.
5. Add another tablespoon of oil to the wok and stir fry the shallot for a minute, add the ginger and pepper and cook for a further 2 minutes. Stir in the mushrooms, water chestnuts and bamboo shoots and cook for another minute or two.
6. Return the chicken to the wok and stir in the toasted almonds and the mange tout.
7. Stir in the prepared sauce, lower the heat a little and cook for a few minutes until the sauce is hot and everything has warmed through. Serve with plain Jasmine rice.