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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.
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