

# *Chicken & Ginger, Use it up!*

## *Stir Fry*

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### *Ingredients*

2 tablespoons	neutral oil
1	red/ brown onion, thinly sliced
2 tablespoons	ginger, thinly sliced
250 grams	skinless chicken breast or thigh fillet, sliced 5mm thick
2 cups	fresh or vegetables of your choice, cut into bite size pieces

### *Stir Fry Sauce*

2 tablespoons	Thai oyster sauce, Mega Chef brand
2 teaspoons	Thai seasoning soy sauce, Golden Mountain brand
1.5 teaspoons	brown sugar or raw sugar

### *Method*

1. Using a wok or frying pan, pour in neutral oil over medium heat.
2. Add brown onion and ginger. Toss well till fragrant.
3. Add sliced chicken increase to high heat and stirring continuously until the meat is almost cooked.
4. Pour in stir fry sauce and stir well.
6. Begin to add any firm vegetables first such as carrots, cabbage, cauliflower, broccoli. Toss quickly over high heat for 45-60 seconds giving the vegies a head start...
7. Now add softer vegetables such as asian greens, mushrooms, capsicum, baby corn, snowpeas, etc. Toss lightly until warm yet crunchy.
8. Remove from heat, garnish and serve immediately with steamed jasmine rice.

*Serves:* 1 healthy person or 2 light marathon runners

*Preparation & Cooking Time:* 10 minutes