



CHINESE CHICKEN STIR FRY

WITH BROWN RICE

DIFFICULTY: Easy | **SERVES:** 4 | **READY IN:** 40 minutes

An easy Chinese chicken stir fry that ticks all the boxes - simple, veggie-packed and not lacking in the sauce department. Easy to customise with other meats and veggies too!



RICE

- 1 1/4 cups brown rice (250g)
- 2 1/2 cups water (625ml)
- 2 tsp chicken stock powder

SAUCE

- 1 Tbsp cornflour
- 3 Tbsp soy sauce
- 1 cup water (250ml)
- 2 Tbsp Chinese cooking wine
- 2 Tbsp hoisin sauce

- 1 tsp sesame oil

STIR FRY

- 600g chicken tenderloins (1lb 5oz)
- 2 Tbsp cornflour
- 250g Shanghai bok choy (8.8oz)
- 1 red capsicum
- 1 carrot
- 1 brown onion
- 2 cloves garlic
- 1 Tbsp peanut oil
- 1 Tbsp sesame seeds *optional*

1. COOK RICE

Wash rice. Bring water to a boil in a large non-stick pot. Stir in stock powder. Gradually stir in rice. Reduce to a simmer (medium heat), cover with a lid and cook for 30-35 minutes, until liquid has been absorbed and rice is tender. Once cooked, remove from heat and leave to rest (with lid on) for 5-10 minutes.

2. MAKE SAUCE

Meanwhile, whisk together cornflour and soy sauce in a small bowl until smooth. Whisk in remaining sauce ingredients.

3. MAKE STIR FRY

Dice chicken and season well with salt and pepper. Sprinkle with cornflour and toss to coat.

4. Trim ends off bok choy, then chop stems and leaves into large pieces. Thinly slice capsicum, cut carrot into thin half rounds and slice onion. Crush garlic.

5. Heat oil in a large wok on high. Add chicken and cook until browned all over. Stir in onion and garlic. Cook for 1-2 minutes. Add capsicum and carrot and cook for 2 minutes. Stir in bok choy and sauce and stir fry for 2-3 minutes, until chicken is cooked through, veggies are tender (but not soggy) and sauce has thickened a little.

6. SERVE

Fluff cooked and rested rice with a fork and divide between warmed serving bowls. Top with stir fry and garnish with sesame seeds, if using.



WINE MATCH: An off-dry Riesling.

CHINESE CHICKEN STIR FRY RECIPE NOTES

GLUTEN-FREE OPTION: Use gluten-free stock powder. Choose gluten-free cornflour and soy sauce. Check cooking wine. If you can't find gluten-free hoisin sauce, you can make your own. Try this recipe: <https://www.picspeanutbutter.com/recipes/pics-homemade-hoisin-sauce/>. Otherwise replace with gluten-free oyster sauce (reduce quantity to 1 1/2 tablespoons).

INGREDIENT SWAPS / NOTES: You could use boneless, skinless chicken thighs or breasts if you prefer. If you don't have Chinese cooking wine, try mirin or sherry instead. Hoisin sauce could be swapped for oyster sauce (reduce quantity to 1 1/2 tablespoons). Feel free to use any other veggies you have on hand. Roasted, salted cashew nuts make a nice addition to this meal!

STORING AND REHEATING: Store individual portions in containers in the fridge and reheat in the microwave.