

Chicken and Mushroom Stir Fry

Ingredients

- 2 chicken breast about 300g
 - 250 grams mushrooms 2 1/2 cups, sliced
 - 1 bell pepper sliced
 - 1 onion sliced
 - 2 spring onions sliced and divided white and green parts
 - 2 cloves garlic sliced
 - 1 chilli diced, optional
 - 1 tsp dark soy
 - 1 tsp chinese 5 spice
 - 1 tbsp cornflour/cornstarch
 - 2 tbsp cashews optional
 - 2 tbsp vegetable or groundnut oil
- Stir Fry Sauce
- 2 tbsp light soy
 - 1 tbsp dark
 - 1 tbsp rice vinegar
 - 1 tsp brown sugar
 - 1 tsp sesame oil
 - ¼ tsp white pepper

Method

- If using, toast the cashews in dry wok or pan over a medium heat for 2-3 minutes then set aside.
- To make the stir fry sauce, simply combine all the ingredients in a small bowl or jug and whisk together.
- Slice the chicken and season with the dark soy and five spice. Sprinkle over the cornflour and toss to coat.
- Heat half the oil in a wok or pan and fry chicken for 3-4 minutes until just cooked. Remove from the wok and set aside.
- Add the rest of the oil to the wok and when hot (it will heat very quickly) add the onions and white part of the spring onions to the wok and stir fry 1-2 minutes.
- Add the peppers, mushrooms, chilli and garlic and stir fry another 2-3 minutes. Use a high heat - the vegetables should be just beginning to brown.
- Add the chicken and cashews back into the wok and pour in sauce, stirring to combine. Cook for a minute to just warm the sauce through.
- Serve over rice or noodles and garnish with toasted sesame seeds and the sliced green parts of the spring onion.