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Carotino Recipes

Carotino Chicken Stir Fry

Ingredients:

- 400 g (14 oz) skinned lean chicken, cut in to cubes
- 3 cm (1 inch) fresh ginger, sliced into thin rounds
- 2 large onions, wedged and separated
- 3 cloves of garlic, chopped finely
- 1 red and 1 green pepper, cubed
- 1 stick celery, sliced diagonally
- 4 or 5 shiitake or oyster mushrooms, sliced
- 2 level teaspoons corn flour (mixed with 4 teaspoons of water)
- 1 teaspoon of light soy sauce
- 2 tablespoons Carotino Oil
- 275 ml (½ pint) water

Method:

Marinate chicken with soy sauce for 15 minutes. Heat a non-stick wok or frying pan, then add Carotino Oil. When hot, add garlic, ginger and onions and fry until brown. Add marinated chicken and stir-fry for 3 minutes until lightly brown. Add 275ml (½ pint) of water. Cook until the liquid reduces and the sauce thickens. Add mushrooms, peppers, celery and stir-fry at high temperature for 3 minutes. Add blended corn flour and stir well until the sauce is thickened. Garnish and serve hot.

Serves 4