KIKKOMAN

Chicken aubergine and cashew stir fry recipe

Total time **30 mins** **20 mins** preparation time **10 mins** cooking time

Nutritional facts (per portion):
3,043 kJ / 726 kcal

Fat: **43.5 g** Protein: **37.3 g**
Carbohydrates: **42 g**

INGREDIENTS

2 portion(s)

250 g	chicken thigh, in strips
1	small aubergine, in strips
1	red onion, in strips
50 g	shiitake mushrooms, quartered
0.5 bunch	spring onions, roughly chopped
2	cloves of garlic, finely diced
15 g	ginger, finely diced
5 tbsp	frying oil
50 ml	oyster sauce
2 tbsp	Kikkoman Naturally Brewed Soy Sauce
1 tbsp	Kikkoman Toasted Sesame Oil
50 g	roasted cashew nuts
0.5	lime

For the topping:

3	stalks coriander, leaves plucked off
2	spring onions, finely sliced

PREPARATION

Step 1

Bring water to a boil in a wok. Add the chicken to the boiling water and cook for about 12 minutes. Then place in a colander and drain. Rinse the wok and pat dry.

Step 2

Heat 3 tbsp of oil in the wok and fry the aubergine in it. Add the mushrooms and sauté. Add spring onions and onion and fry briefly. Remove the vegetables.

Step 3

Add the remaining oil to the wok, add the chicken, fry quickly to colour and remove.

Step 4

Add garlic and ginger to wok and fry until translucent. Add chicken back in and stir.

Step 5

Add the vegetables, fry together briefly, add oyster sauce, Kikkoman soy sauce and Kikkoman toasted sesame oil and mix well.

Step 6

Fold in half of the cashews. Squeeze the juice of the lime over the chicken and vegetable mixture.

Step 7

Garnish the dish with coriander, remaining cashews and spring onions.

Step 8

Finish by seasoning with soy sauce and sesame oil for perfect glaze, aroma and flavour.