KIKKOMAN

Honey and soy chicken stir-fry recipe

Total time **40 mins** **20 mins** preparation time **20 mins** cooking time

INGREDIENTS

4 portion(s)

225 g	basmati or long grain rice
3 tbsp	Kikkoman Naturally Brewed Less Salt Soy Sauce
1 tsp	runny honey
1 tbsp	Chinese five spice powder or paste
1 tsp	chopped fresh parsley
450 g	skinless boneless chicken breasts, diagonally sliced strips
1 tbsp	sunflower oil
1	onion, finely sliced
2	red peppers, deseeded and sliced
150 g	baby sweetcorn, halved lengthways
150 g	oriental mushrooms eg. Enoki
	Coriander leaves to garnish

PREPARATION

Step 1

Rinse the rice and place in a saucepan. Cover with enough water to cover the rice by 2.5cm. Bring to the boil, cover with a tight fitting lid and simmer over a very low heat for 20 minutes.

Step 2

Meanwhile, mix together the soy sauce, honey, Chinese five spice powder and parsley. Pour over the chicken and toss well to coat evenly.

Step 3

Heat the oil in a large wok and fry the onions and peppers for 5 minutes. Add the sweetcorn and cook for 2 minutes. Add the chicken and marinade and stir fry for 5 minutes. Then add the mushrooms and stir fry for 3-5 minutes.

Step 4

Serve with the cooked rice and garnish with coriander leaves