KIKKOMAN

Stir-Fried Chicken and Asparagus in Orange-Ginger Soy Sauce

Total time **25 mins** **10 mins** preparation time **15 mins** cooking time

Nutritional facts (per portion):
1,655 kJ / 395 kcal

INGREDIENTS

4 portion(s)

3 tbsp	Kikkoman Naturally Brewed Soy Sauce
2 tbsp	honey
1 tsp	smooth mustard, such as Dijon
3 tbsp	orange juice
1 tsp	grated root ginger
500 g	boneless, skinless chicken thighs, cut into strips
3 tbsp	groundnut oil
50 g	unsalted peanuts
1	red pepper, deseeded and sliced
100 g	thin asparagus spears, cut into 2.5cm (1in) lengths
75 g	mange tout

PREPARATION

Step 1

In a bowl or shallow dish, whisk together the Kikkoman soy sauce, honey, mustard, orange juice and ginger until combined.

Step 2

Add the chicken and stir until the strips are coated. Cover with cling film and leave in the fridge to marinate.

Step 3

Heat 1 tablespoon of the oil in a wok and stir-fry the peanuts for 15-20 seconds until golden. Drain and set aside.

Step 4

Add another tablespoon of the oil to the wok. Drain the chicken, reserving the marinade. Stir-fry the chicken in two batches over a high heat until lightly browned. Remove from the pan and set aside.

Step 5

Add the remaining oil to the wok and stir-fry the red pepper, asparagus and mange tout for 3 minutes.

Step 6

Return all the chicken to the wok, pour in the marinade and toss everything together over the

heat for 1 minute. Serve with the peanuts scattered over.