

# Teriyaki Chicken and Vegetable Stir Fry Recipe

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

## INGREDIENTS

4 portion(s)

<b>250 g</b>	chicken
<b>1 tbsp</b>	cornflour
<b>4</b>	carrots, cut in sticks
<b>2</b>	cloves garlic
<b>1 tbsp</b>	finely chopped fresh ginger
<b>1</b>	small aubergine, cut in sticks
<b>0.5</b>	broccoli
<b>100 ml</b>	<a href="#"><u>Kikkoman Teriyaki Wok Sauce with Roasted Garlic</u></a>
<b>100 ml</b>	stock
<b>2 tbsp</b>	<a href="#"><u>Kikkoman Naturally Brewed Soy Sauce</u></a>
	Fresh coriander
	Steamed rice to serve

## PREPARATION

### Step 1

Cut the chicken in strips and turn them over in cornflour. Fry at high heat in a bit of oil until the chicken has good colour. Take the chicken out the pan.

### Step 2

Fry carrots and aubergine with garlic and ginger for approx. 2 minutes before adding florets of broccoli and chicken. Add teriyaki marinade and stock and let it simmer for 3-4 minutes. Season with soy sauce. Garnish with fresh coriander and serve with steamed rice.