KIKKOMAN

Teriyaki Chicken and Vegetable Stir Fry Recipe

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

INGREDIENTS

4 portion(s)

250 g	chicken
1 tbsp	cornflour
4	carrots, cut in sticks
2	cloves garlic
1 tbsp	finely chopped fresh ginger
1	small aubergine, cut in sticks
0.5	broccoli
100 ml	Kikkoman Teriyaki Wok Sauce with Roasted Garlic
100 ml	stock
2 tbsp	Kikkoman Naturally Brewed Soy Sauce
	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.