

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 chicken1 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 <u>Kikkoman Teriyaki Sauce</u>

with Roasted Garlic

100 ml stock

2 tbsp <u>Kikkoman Naturally</u>

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.