KIKKOMAN

Teriyaki Chicken Stir fry with Noodles Recipe

Total time **35 mins** **25 mins** preparation time **10 mins** cooking time

INGREDIENTS

4 portion(s)

4	skinless chicken breast, cut into fine strips
1	egg white, whisked
1 pinch	of salt
2 tsp	cornflour
3 tbsp	groundnut oil
1 tsp	fresh ginger, shredded
1	small Savoy cabbage, shredded
5	spring onions, sliced diagonally
2	sweet red peppers, cut into strips
3	carrots, peeled and cut into fine strips
3	courgettes cut into fine strips
200 g	bean sprouts
5 tbsp	Kikkoman Teriyaki Wok Sauce with Roasted Garlic
2 tbsp	mixed seeds 0,5 sesame, pumpkin and sunflower

PREPARATION

Step 1

Combine the chicken with the egg white, salt and corn flour. Refrigerate for about 15 minutes.

Step 2

Heat the wok or large frying pan and add half the oil. Add the chicken and stir fry for about 2 minutes until the chicken turns white and opaque.

Step 3

Drain the chicken, set aside and discard the oil. Wipe the wok clean with kitchen towel.

Step 4

Heat the wok again and add the remaining oil. Add the ginger and fry for a minute. Add all the vegetables apart from the bean sprouts and stir fry for 5-6 minutes. Return the chicken to the wok and stir fry with the vegetables. Add the bean sprouts and Kikkoman Teriyaki Sauce with Roasted Garlic. Stir fry for a further minute. Just before serving sprinkle on the seed mix. Serve with cooked egg noodles.