KIKKOMAN

Thai Chicken & Vegetable Stir Fry with Rice

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

INGREDIENTS

4 portion(s)

300 g	jasmine rice or other rice of choice
2 tbsp	vegetable oil
2	garlic cloves, finely chopped
1	onion, sliced
400 g	skinless chicken breast, sliced into strips
1	red pepper, deseeded and chopped
200 g	Tenderstem broccoli, cut into small pieces
4	spring onions, sliced
	Red chilli flakes, to serve (optional)

Sauce:

2 tbsp	Kikkoman Naturally Brewed Soy Sauce
2 tbsp	fish sauce
2 tbsp	white or brown sugar
4 tbsp	water

PREPARATION

Step 1

Mix all the sauce ingredients together in a small bowl.

Step 2

Cook the rice according to the pack instructions, then drain.

Step 3

Meanwhile heat the oil over a medium heat in a frying pan or wok. Add the garlic and onion, and cook for 30 seconds.

Step 4

Add the chicken and cook for 1 minute until it turns opaque.

Step 5

Add the red pepper and sauté for 2-3 minutes, followed by the Tenderstem broccoli. Cook for additional 2-3 minutes.

Step 6

Add the spring onions and sauce, and cook for 1-2 minute

Step 7

Serve with the rice, garnished with chilli flakes, if liked.