

HILLWORTH CHICKEN STIR FRY

Serves 4 - 6

Ingredients

- 4 Skinless boneless chicken breasts
- 2 Carrots
- 1 Bunch of spring onions
- 100g (4oz) broccoli
- 100g (4oz) baby sweetcorn
- 2.5cm (1 inch) piece of root ginger
- 150ml (1/4 pint) chicken stock
- 3 Tablespoons olive oil, for the sauce
- 1 Tablespoon soft dark brown sugar
- 1 Tablespoon corn flour
- 1 Tablespoon soy sauce

Method

- (1) Bring a Wok or pan of water to the boil. Cut the broccoli into florets. Blanch broccoli and sweetcorn in water for 2 mins, then drain well.
- (2) Cut chicken into large pieces. Peel ginger and cut into thin matchsticks. Trim and diagonally slice the spring onions. Peel carrots and cut into matchsticks.
- (3) Wipe the Wok with kitchen paper and heat oil until almost smoking. Add the chicken and stir-fry for 7-8 minutes, or until golden. Transfer to a plate and keep warm.
- (4) Stir-fry the ginger, spring onions and carrots for 2 minutes. Stir in the broccoli and sweetcorn and cook for 1 minute. Whisk together the sauce ingredients until smooth and well blended. Add to the pan, along with the chicken. Bring to boil and simmer for further 2 minutes, or until heated through.



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