Chinese recipe Oxo: chicken and vegetable stir fry / Tesco.

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RECIPE IDEAS

Chinese

A taste of the Orient



AS SEEN ON TV

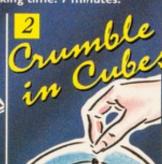
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Chicken and Vegetable Stir Fry

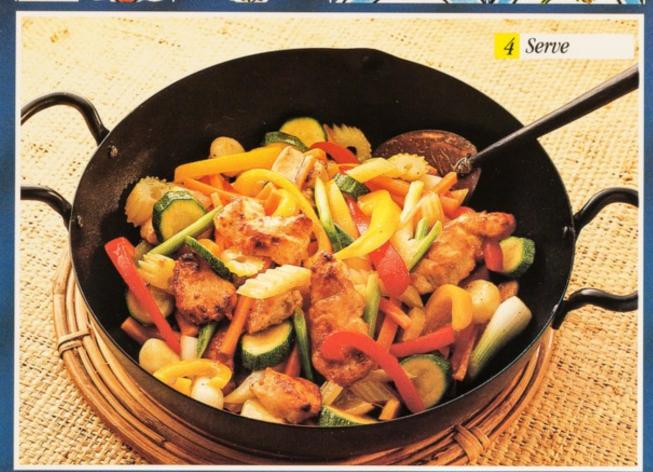
Approximate cooking time: 7 minutes.













Chicken and Vegetable Stir Fry

SERVES 4

Approximate cooking time: 7 minutes.

INGREDIENTS

- ◆ 350g/12oz BONELESS CHICKEN BREAST
- ◆ 2 CELERY STICKS
- ◆ I MEDIUM CARROT
- 2.5cm/lin PIECE OF ROOT GINGER
 OR 2.5ml/'/2 tsp GROUND GINGER
- ◆ I MEDIUM RED PEPPER
- ◆ I MEDIUM YELLOW PEPPER
- **◆ I MEDIUM COURGETTE**
- ◆ I BUNCH SPRING ONIONS
- 227g CAN WATER CHESTNUTS
- ◆ 3 CHINESE OXO SEASONING CUBES
- ◆ 60ml/4 tbsp DRY SHERRY
- ◆ 15ml/1 tbsp OIL

METHOD

- Skin and thinly slice the chicken. Trim and slice the celery diagonally. Peel and cut the carrot into thin sticks. Peel and grate the root ginger. Halve the peppers, discarding the stem and seeds, and slice into strips. Slice the courgette, discarding the stalk. Trim and slice the spring onions, diagonally. Drain the can of water chestnuts. Crumble 2 Seasoning cubes into the sherry.
- Heat the oil in a wok and add the chicken. Crumble over 1 Seasoning cube. Cook over a high heat, stirring, until the chicken is light golden brown.
- Add the celery, carrot and ginger and cook, stirring, for 1 minute.
- Add the peppers and courgette and cook, stirring, for 1 minute.
- Add the spring onions, water chestnuts and sherry mixture. Cook, stirring, for I minute. Serve immediately.



More Information
If you would like to

If you would like to receive further recipes for these and other Oxo cubes, please write, enclosing an A5 S.A.E., to the following address:

Oxo Recipe Card Offer, PO Box 100, Burnley, Lancs., BBII IDT.







