

Chicken And Snake Bean Stir- Fry



Serves: 4



Cooking Time 13 minutes



Level: Capable



INGREDIENTS

1/4 cup oyster sauce
2 tablespoons fish sauce
1 1/2 tablespoons brown sugar
2 tablespoons Alfa One rice bran oil
1 brown onion, halved, cut into thin wedges
2 garlic cloves, thinly sliced
3cm piece fresh ginger, peeled, finely grated
1/2 teaspoon Chinese five-spice powder
150g chicken mince
2 medium carrots, peeled, halved lengthways, sliced diagonally
1 bunch snake beans, cut into 6cm lengths (see note)
1/2 (900g) wombok (Chinese cabbage), roughly chopped
2 tablespoons sesame seeds, toasted
Steamed jasmine rice, to serve

PREPARATION

1. Combine oyster sauce, fish sauce and sugar in a small jug. Heat a wok over high heat. Add oil. Swirl to coat. Add onion, garlic and ginger. Stir-fry for 2 minutes or until onion has softened.
2. Add five spice and mince. Stir-fry for 5 minutes or until mince is almost cooked through. Add carrot and beans. Stir-fry for 3 minutes or until carrot is just tender.
3. Add oyster sauce mixture. Stir-fry for 1 minute. Add wombok. Stir-fry for 1 to 2 minutes or until wombok is tender. Top with sesame seeds. Serve with rice.