



## Fragrant Chicken and Vegetable Stir-fry

### List of ingredients

2 tsp oil  
400 g chicken  
1 onion, sliced in 1/8s  
4 cups vegetables

- sliced Chinese cabbage
- cauliflower in small pieces
- yams sliced in 1/2 cm rounds

2 Tbsp water

### Sauce

2 Tbsp soy sauce  
1 Tbsp cornflour  
1/4 cup water  
2 Tbsp sweet chilli sauce  
Grated rind and juice of 1 lime

### How to cook the dish

Heat a wok or large frying pan and add about 1 tsp of the oil.  
Stir-fry half of the chicken until no longer pink, and set aside. Repeat with remaining chicken.  
Wipe out wok, add remaining oil and heat. Add vegetables, toss well and sprinkle in water.  
Cover and steam for a few minutes until vegetables are just cooked but still crunchy.  
Mix sauce ingredients together and add to the vegetables with the chicken. Stir-fry until liquid thickens.  
  
Serve with rice or noodles

**Tip:** Add 2 cloves of crushed garlic and /or some grated fresh ginger to add extra pizzazz. Add these with the vegetables.