



Stirfry with Chinese Cabbage

List of ingredients

1 tablespoon vegetable oil
200g skinless chicken breast, cut into strips
200g broccoli, in small pieces
2 medium carrots, sliced thinly
150g mushrooms, sliced
3 cloves garlic, crushed
3 spring onions, sliced on diagonal
400g Wombok/Chinese cabbage, coarsely shredded
1-2 tablespoons soy sauce

Feeds 2 people.

How to cook the dish

1. Heat half the oil in a wok over high heat.
2. Stir fry the chicken for 2-3 minutes then remove from wok and place in bowl. Mix the chicken and soy sauce well, and allow to rest.
3. Heat remaining oil and stir fry broccoli for 2 minutes. Add the carrot and cook another 3 minutes. Empty vegetables into the bowl with chicken.
4. Heat remaining oil, then add the mushrooms, garlic and half the spring onion. Cook for 2 minutes.
5. Return chicken, broccoli and carrot to wok. Add the wombok, and stir fry for another 2 minutes. Add a little water if needed.

Serve in bowl garnished with remaining spring onion. Eat with chop sticks.

Tips:

- Any combination of vegetables can be used.
- Use pork instead of chicken.
- Sesame oil is good in this dish as is a little oyster or hoisin sauce.