



Recipe

Kylie Kwong's Stir-fried Chicken Fillets with Honey and Ginger

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Serve as meal for 4 with steamed rice.

Ingredients:

600g chicken thigh fillets,
cut into 1cm slices
3 tablespoons vegetable oil
1 tablespoon *tamari/light soy
sauce

Marinade:

¼ cup honey
2 tablespoons *tamari/light
soy sauce
2 tablespoons shao hsing wine
or dry sherry
2 tablespoons finely diced ginger
2 teaspoons five-spice powder
½ teaspoon sesame oil

Method:

1. Combine chicken with
marinade ingredients in a
large bowl, cover and leave
to marinate in the refrigerator
overnight.

2. Heat oil in a hot wok until the
surface seems to shimmer
slightly. Add half the marinated
chicken with the marinade
and stir-fry for 1 minute.

Remove from wok with tongs and
set aside. Add remaining chicken
and stir-fry for 1 minute.

Return reserved chicken to the
wok with tamari/soy sauce and
stir-fry for a further 2 minutes or
until chicken is just cooked
through and slightly caramelised.

3. Arrange chicken on a
platter and serve.



*Tamari contains little to no wheat
and is therefore an excellent
substitute for light soy, which
contains wheat.