



Chicken and Mushroom Stir Fry

This recipe is light and simple to create. It is an excellent combination of meat, button mushrooms and spices.

Ingredients

Number of persons: 4

- 400 g chicken fillets, cut in thin strips
- 1 tablespoon corn flour
- 200 g button mushrooms, cleaned and sliced thinly
- 50 ml oil
- 1 garlic clove, chopped
- 1 teaspoon ginger, chopped
- 1 teaspoon [Vegeta Chicken Stock Powder](#)
- 2 tablespoons [white wine](#)
- [few drops of sesame oil](#)
- 1 tablespoon [soy sauce](#)



Preparation time: 40 min

Energetic value: 243 kcal / 1016 kJ

Demanding:

Preparation

1. [Heat up the oil in a deeper pan, or a wok.](#)
2. [Mix the chicken strips with corn flour and cook in hot oil.](#)
3. [When the chicken begins to golden in colour, it is ready to be removed from the pan. Then using the same oil, cook the mushrooms, for about a minute or so.](#)
4. [To the cooked mushrooms add cooked meat, garlic, ginger, Vegeta Chicken Stock Powder, wine, soy sauce and mix well. Just before finishing the recipe, add in sesame oil.](#)

Serving

[This recipe is served well with rice and garden salad.](#)

Tip

[Preparation of this meal can be made using a wok or a deeper pan.](#)

My notes

