



Spring Onion Ginger Chicken

3 servings

Ingredients:

- 1 packet (3.5oz/100g) **AsianMeals® Oriental Stir Fry Sauce**
- 300g (10oz) whole chicken thigh, cut into serving pieces
- 1 small carrot, cut in slices
- 1 inch ginger, cut into thin slices
- 40g scallions (spring onions), cut into 1- inch length slices

Method:

- 1) Preheat wok and then add in **AsianMeals® Oriental Stir Fried Sauce**
- 2) Add in chicken and ginger to stir fry, cover the pan and cook for 5 minutes until the chicken is tender
- 3) Remove cover, lower heat to medium, add the scallions and carrots and stir fry for a further 1-2 minutes
- 4) Serve hot with rice

Chef's Tips:

You can also use fish fillet, prawns or other meat as alternatives to chicken

