



Spring Onion Ginger Chicken (serves 3 pax)

Ingredients:

- 120gm (4.2oz) of Asian Meals Oriental Stir Fry sauce
- 350gm (12oz) whole chicken thigh, cut into serving pieces
- 1 small carrot, cut in slices
- 1 inch ginger, cut into thin slices
- 50gm scallions (spring onions), cut into 1 inch length slices

Cooking Method:

1. Preheat wok and then add in Asian Meals Oriental Stir Fry 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, stir fry for a further 1-2 minutes.
4. Serve hot with rice

Chef tips:

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