



COOKWARE
FOR LIFE



Peanut butter & chicken stir-fry

The peanut butter gives this chicken stir-fry a delicious nutty flavour.

Ingredients

SERVES 4

Sauce

- 40 ml soy sauce
- 15 ml oyster sauce
- 50 ml peanut butter
- 10 ml brown sugar
- 10 ml corn flour
- 2 cloves of garlic, crushed
- 5 ml freshly grated ginger
- 60 – 80 ml water

Stir-fry

- 10 - 15 ml peanut oil or other oil of your choice
- 4 chicken breast fillets, thinly sliced
- 1 red or yellow pepper, quartered and sliced
- 300 – 400 g broccoli, cut into florets
- 4 - 6 spring onions, sliced
- freshly ground black pepper

Method

1. Mix all the sauce ingredients together and set aside.
2. Heat an AMC 30 cm Electric Frying Pan or AMC 30 cm Paella over a medium temperature (probe on 6), until the Visiotherm reaches the first red area. Spread oil over base of cookware and fry half of the chicken. Brown on both sides then remove from cookware. Repeat with the rest of the chicken and set aside.

3. Sauté the red pepper in the cookware for a few minutes until tender. Add the broccoli and fry for another minute or two before adding the spring onions.
4. Return the cooked chicken to the stir-fry along with the sauce. Cook for 2 – 3 minutes then remove from heat, the sauce will continue to thicken as it stands.
5. Season to taste with pepper and serve immediately over egg noodles or basmati rice.

TIPS & VARIATIONS:

- Substitute chicken with 500g sliced pork fillet.