

Stir-Fry with Chicken and Vegetables

20–25 Min

Ingredients 3 Portions

= Kotányi Produkte

450 g	Chicken breast
1 tbsp	Grilled Poultry Seasoning Mix
2 tbsp	Sesame oil
1	Spring onion
200 g	Broccoli
1	Carrot
50 g	Baby spinach
1 tsp	Garlic Granules
1.5 tsp	Ginger, Ground
250 g	Noodles
	Sesame seeds and spring onion, for serving

For the sauce

60 ml	Soy sauce
50 ml	Water
1 tsp	Rice vinegar
1 tsp	Honey
1 tbsp	Cornstarch

Preparation

1. Finely chop the spring onion. Break the broccoli into florets and cut the carrot into thin strips. Slice the turkey into strips and season.
2. Heat a wok and add the oil. Add the chicken and stir-fry for 5 minutes, turning occasionally. Add the spring onion and cook for another minute. Toss in the carrot, broccoli, garlic, and ginger, and stir-fry for 5 more minutes, shaking the pan occasionally.
3. Bring a pot of water to a boil and add the noodles. Remove from heat and let them sit for 3 minutes, or cook according to package instructions.
4. In a small bowl, mix all the sauce ingredients. Pour the sauce into the wok, add the noodles, stir well, and remove from heat. Serve immediately with sesame seeds and spring onion on top.