

Allergens*:



Sesame



Soy

Chicken Sesame Stir-Fry



Serves 4

This zingy chicken stir-fry is super easy to make and is a winning midweek meal.



Equipment

- Frying pan
- Wooden spatula
- Sharp knife
- Chopping board

Recipe
total cost
£4.95

See
ingredients
and cooking
method
overleaf...

* Ingredients and allergens may vary from different food shops and any Quorn products can contact egg, gluten, and milk, so to always check the label

Chicken Sesame Stir-Fry



Ingredients:

- 250g bag of microwave wholegrain rice
- ¼ red or white cabbage
- 100g sweetcorn (fresh, tinned or frozen)
- 1 teaspoon sesame oil
- 400g of chicken breasts or vegetarian substitute
- 1 onion
- 1 bell pepper (red, yellow or green)
- 1 carrot
- ½ broccoli
- 2 tablespoons soy sauce (low salt/low sodium)
- 1 tablespoons tahini (sesame seed paste)
- 1 tablespoon sriracha
- 1 lemon- juiced
- A pinch of sesame seeds



Method:

1. Roughly chop all the vegetables.
2. Fry off chicken or substitute until brown in the sesame oil in a frying pan (no pink meat)
3. Add onion to the pan and fry until softened.
4. Add all chopped veg to the pan and fry for 10 minutes.
5. Add the packet of rice to the pan
6. Slice the lemon in half, squeeze the lemon juice into a small bowl
7. Add the lemon juice, tahini, sriracha, soy sauce to the pan and fry for 5 minutes, stirring regularly.
8. Top with sesame seeds if desired.