

# Honey and soy chicken stir-fry recipe

Total time **40 mins** 20 mins preparation time 20 mins cooking time

## INGREDIENTS

4 portion(s)

<b>225 g</b>	basmati or long grain rice
<b>3 tbsp</b>	Kikkoman Naturally Brewed Less Salt Soy Sauce
<b>1 tsp</b>	runny honey
<b>1 tbsp</b>	Chinese five spice powder or paste
<b>1 tsp</b>	chopped fresh parsley
<b>450 g</b>	skinless boneless chicken breasts, diagonally sliced strips
<b>1 tbsp</b>	sunflower oil
<b>1</b>	onion, finely sliced
<b>2</b>	red peppers, deseeded and sliced
<b>150 g</b>	baby sweetcorn, halved lengthways
<b>150 g</b>	oriental mushrooms eg. Enoki
	Coriander leaves to garnish

## PREPARATION

### Step 1

Rinse the rice and place in a saucepan. Cover with enough water to cover the rice by 2.5cm. Bring to the boil, cover with a tight fitting lid and simmer over a very low heat for 20 minutes.

### Step 2

Meanwhile, mix together the soy sauce, honey, Chinese five spice powder and parsley. Pour over the chicken and toss well to coat evenly.

### Step 3

Heat the oil in a large wok and fry the onions and peppers for 5 minutes. Add the sweetcorn and cook for 2 minutes. Add the chicken and marinade and stir fry for 5 minutes. Then add the mushrooms and stir fry for 3-5 minutes.

### Step 4

Serve with the cooked rice and garnish with coriander leaves