

Chicken with Garlic and Mushrooms

Serves: 4

Preparation Time: 15 minutes

Cooking Time: 15 minutes

Seasoning

1½ tbsp oyster sauce

1½ tsp thick dark soya sauce

1 tsp sesame oil

Ingredients

500g	frozen chicken parts, defrosted and chopped into bite sized pieces
2 tbsp	vegetable oil
15 cloves	garlic, peeled and lightly smashed
10 slices	middle aged ginger
½ – ¾ cup	water or chicken stock
5	fresh button mushrooms, stalks removed
1	large Portobello mushroom, stalk removed, cap cut into thick slices
5	fresh shitake mushrooms, stalks removed
1 packet	Enoki mushrooms, trimmed

Method

1. Wash chicken and drain.
2. Heat oil in a wok over high heat, add garlic and ginger and stir fry for 3 minutes till lightly browned.
3. Add the chicken and stir fry over high heat for 4 to 5 minutes till browned, then add the seasoning ingredients and water, and boil over high heat for 5 to 6 minutes till the gravy is reduced and a little thick.
4. Put the mushrooms on top and stir in gently before covering the wok. Let the mushrooms steam for 2 to 3 minutes till cooked. Serve.

