

## RECIPE:

### Honey chicken with pak choy

Recipe by Barden Produce

*Preparation Time*

20 minutes

*Ingredients (serves 4)*

- 4 bunches Baby Pak Choy, quartered lengthways
- 1 tablespoon vegetable oil
- 1 red onion thinly sliced lengthways
- 1 crushed garlic clove
- 3 large single chicken breast fillets, chopped
- 1 teaspoon finely grated fresh ginger
- 60ml soy sauce
- 2 tablespoons oyster sauce
- 2 tablespoons honey
- 1 tablespoons sesame oil
- 500g Jasmine Rice

*Method*

- Heat the vegetable oil in a wok over high heat.
- Add the onion and garlic, and stir-fry for 1 minute.
- Add the chicken and ginger, and stir-fry for 1 minute.
- Add the oyster sauce, honey and sesame oil.
- Stir-fry for until chicken is cooked through (+/- 8 minutes).
- Meanwhile, cook rice.
- Place the Pak Choy in a bowl and cover with boiling water. Drain.
- Serve.

*Delicious with rice or with noodles.*

