Serving suggestions

ASIAN STIR FRY

Chicken Teryaki Stir Fry
Serves 4

10g of Asian Stir Fry Mix chopped into small pieces
½ kg diced chicken
¼ cup teriyaki sauce
3 cups sliced/chopped bok choy (approx. 3 large)
½ cup liquid vegetable stock
2 teaspoons vegetable or peanut oil
Steamed Rice

1. Place chicken, stir fry mix and teriyaki sauce in a bowl. Stir to combine.
2. Heat oil in pan/wok, add mix at high heat and stir fry for 5 minutes.
3. Once meat is almost done, add stock and bok choy for a further 3-5 minutes until vegetables are just cooked and stock has reduced. Add seasoning as desired.
4. Serve with steamed rice.

www.thomasdux.com.au
62 Burns Bay Road, Lane Cove. T: 9420 4833
220 Glenmore Road, Five Ways, Paddington. T: 9326 9130
Shop 1, 285A Crown Street, Surry Hills. T: 8354 0388
Open Monday-Saturday 7:00am-8:00pm & Sunday 8:00am-8:00pm

THOMAS DUX
Grocer