Stir-fry Cauliflower And Chicken

NIBBLEDISH CONTRIBUTOR

Ingredients

- 1 Cauliflower
- 1 Carrot, sliced
- 4 Chinese Mushroom
- 250g Chicken Breast
- 2 Gloves Garlic, minced
- 2 Tbsp Chinese Rice Wine
- 1 tsp salt
- 4 Tbsp Oil

Seasoning

- 1 tsp Fish Sauce
- 1/2 tsp Dark Soya Sauce
- 11/2 Tbsp Cornstarch

Thickening

- 1 tsp Cornstarch
- 1/2 tsp Light Soya Sauce
- 2 Tbsp Water

Instructions

Clean and cut cauliflower into bite size.

Soak mushroom until soft, cut in 3 or 4 pieces.

Slice chicken, add mushroom and seasoning, mix well.

Heat wok with 2 tbsp oil, stir-fry chicken and mushroom until cooked. Dish up.

Add remaining oil, when heated add in garlic, cauliflower and carrot. Stir-fry for a few minutes.Add in wine and salt, mix well, cover with lid, lower heat and let it simmer until soften.

Mix cornstarch, light soya sauce and water together.

Add in chicken and mushroom, mix well. Turn up the heat and add in cornstarch mixture, stirring quickly to thicken. Serve with rice.