



Make a tasty Asian-style stir-fry

Learn how to make a marinade and cook a deliciously simple dinner dish.

Would you like to try out a delicious recipe that's quick to make and tastes summery? This chicken stir-fry is packed with vegetables and fresh, zesty flavours. The trick is to marinate the chicken. Marinating means you coat meat or vegetables in a sauce-like mixture before cooking it. If you leave it for a while, the meat soaks up the flavours of the marinade: 20–30 minutes should do it. If there are ingredients below that you don't like or have, feel free to swap them. You could swap broccoli for mange tout, or use tofu instead of chicken. The recipe takes about 15 minutes to cook (plus marinating time).

Get ready to stir your ingredients.



Instructions

- 1 Put your marinade ingredients (tomato sauce, soy sauce, ginger and garlic pastes and lemon juice) into the mixing bowl and mix well with a wooden spoon, then add the chicken. Make sure the chicken is coated well by mixing it around. Cover and leave it to marinate.
- 2 Add the oil to a wok or deep frying pan over a medium to high heat (ask an adult to help) and add the chicken, leaving some of the marinade in the bowl. Constantly stir the meat around with your spoon so it doesn't burn. Stir-fry for 3–4 minutes.
- 3 Add the vegetables and stir-fry for a further 2–3 minutes.
- 4 Add the cooked rice and left-over marinade, along with 2–3 tablespoons of water, and stir-fry until piping hot.
- 5 Mix the spring onion through the dish and serve it sprinkled with the sesame seeds (if you like).

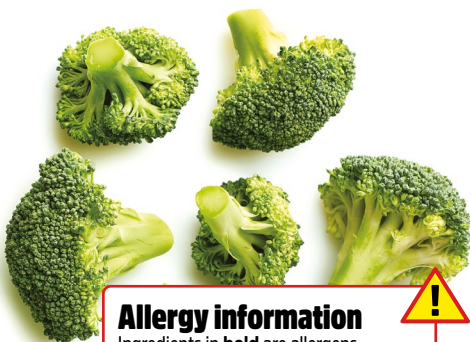


You will need

Serves 4

- 2 tbsp tomato pasta sauce, passata or tomato purée
- 2 tbsp **soy sauce**
- 1 tsp ginger paste
- 1 tsp garlic paste
- Juice of half a lemon
- 200g chicken, cut into small strips
- 1 tbsp sunflower oil
- 50g frozen peas
- 50g broccoli
- 50g sweetcorn or chopped baby corn
- 1 spring onion, shredded
- 200g cooked rice
- 1 tbsp **sesame seeds**
- China (non-metal) mixing bowl
- 1 wooden spoon
- Wok or deep frying pan

WARNING!
Ask permission before you start cooking.



Allergy information

Ingredients in **bold** are allergens. Allergens are substances that can cause allergic reactions in some people. If you have a food allergy, carefully check the items listed. You can find more information at tinyurl.com/TWJ-allergy

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