

Chicken Stir-Fry with Asparagus and Snow Peas

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Serves 4 to 6.

Equipment

glass pie plate or 8x8 pan
wok and lid
steamer basket
splatter screen (optional but recommended)

Ingredients

4 chicken breasts, boneless and skinless, thinly sliced
2 tablespoons cornstarch
2 tablespoons Chinese rice wine (or gin or dry white wine)
16 ounces (454 g) asparagus spears, cut into 1-1/2 inch pieces
2 tablespoons canola oil
2 cloves garlic, sliced
1/2-inch ginger, sliced
2 cups snow peas, ends trimmed, cut into 1-inch pieces
4 tablespoons light soy sauce (or gluten-free alternative)
1 cup (240 ml) chicken stock or low-sodium chicken broth

Preparation

1. Place the sliced chicken in the glass pan and sprinkle on the cornstarch. Pour the rice wine over the top and stir until the cornstarch mixture coats the chicken. Set aside while preparing the vegetables.
2. Add an inch or so of cold water to the wok and place the steamer basket in the wok. Turn the burner on high and distribute the asparagus pieces around the steamer basket. Steam for 2 to 3 minutes, just enough to soften slightly, then turn off the heat and transfer the asparagus to a plate. Remove the steamer basket, dump the water, and wipe the inside of the wok dry.
3. Add the canola oil and the garlic and ginger slices to the wok and let them sit for 1 to 2 minutes, then turn the heat to medium high. Remove the garlic and ginger when they start to brown.
4. Add the chicken to the wok and cook while stirring until the chicken is just cooked through, about 4 to 5 minutes. Remove the chicken to a plate and cover.

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5. Add the snow peas and steamed asparagus, cooking just for 1 to 2 minutes. Return the chicken to the wok, add the chicken stock and light soy sauce and bring to a boil, cooking for about 1 minute while the sauce thickens. Remove from heat and serve.