



Sweet sesame mushroom & chicken stir-fry

Preparation: 10 minutes (+ 15 minutes marinating time) Serves: 4

- 400g chicken tenderloins, thinly sliced
- 1 /4cup oyster sauce
- 1 tbs soy sauce
- 2 tbs honey
- 2 tbs sesame seeds
- 2 tbs extra-light olive oil
- 300g small Swiss brown mushrooms
- 1 bunch choy sum, leaves separated & stems chopped steamed rice, to serve

1. Place chicken into a medium bowl. Combine oyster sauce, soy sauce & honey in a small jug. Pour over chicken & toss well to combine. Cover & refrigerate for 15 minutes (or longer if time permits). Drain chicken, reserving the marinade.
2. Heat a wok over high heat until hot. Add sesame seeds & cook, stirring constantly, for 2-3 minutes or until golden. Remove & set aside.
3. Add 2 tsp oil to wok & heat until hot. Add 1/2the chicken & stir-fry for 2 minutes or until cooked through. Remove to a plate. Repeat using 2 tsp oil & remaining chicken.
4. Add remaining oil & mushrooms to wok & stir-fry for 2 minutes. Add choy sum stems (reserving leaves for step 5) & stir-fry for 1 minute or until just tender.
5. Add reserved marinade, chicken & choy sum leaves. Stir-fry for 1-2 minutes or until choy sum leaves just wilt. Stir in sesame seeds & serve with steamed rice.