



world cuisine

## Stir Fried Lemon Chicken with Vegetables

Cast Iron 32cm Wok



# Stir Fried Lemon Chicken

## with vegetables



Serves 4

A fresher, healthier and quicker take on a popular take-away Chinese dish, omitting any fried coating, but rather adding a topping of toasted sesame seeds for crunch. Marinated thin chicken breast strips stir fried in peanut oil with garlic and ginger and then cooked in a zesty lemon sauce with crisp vegetables. The dish is topped with toasted sesame seeds and shredded spring onion for flavour and crunch.

**Le Creuset Cast Iron  
32cm Wok**

**Preparation time: 10 minutes + marinating time**  
**Cooking time: 10-12 minutes**

### Ingredients

500g chicken breast - boned and skinned

### Marinade

1 tablespoon rice wine

1 tablespoon light soy sauce

1 tablespoon toasted sesame oil

½ teaspoon salt

2 tablespoons groundnut / peanut oil for frying

3 cloves garlic - minced

55g root ginger - peeled and chopped

75ml lemon juice made up to 150ml with water

Zest of 2 small lemons

1 tablespoon white sugar

½ mild green chilli or ½ teaspoon dried chilli flakes

100g baby corn cobs - cut in half  
lengthways

140g sliced water chestnuts

1 red sweet pepper - seeds removed and sliced

200g bean sprouts

4 spring onions - finely shredded

2 teaspoons cornflour mixed with 2 tablespoons  
of water

2 tablespoons toasted sesame seeds

### Method

1. Slice the chicken breasts into thin strips and place into a dish. Add the marinade ingredients, mix well, cover and place into the refrigerator for 1 hour. Drain the chicken from the marinade reserving any remainder for later.
2. Heat the groundnut oil in the Wok over a medium heat. Stir fry the shredded chicken a little at a time pushing the seared meat to the sides before adding the next. The chicken should be cooked through but not browned.
3. Add the garlic, ginger, chilli. Stir fry for 1 minute more.
4. Add the reserved marinade, lemon juice and water, lemon zest and sugar.
5. Stir in the corn cobs, water chestnuts, peppers and bean sprouts, place on the lid and cook for 2-3 minutes.
6. Remove the lid, add the corn flour mix and stir until the sauce is thickened and glossy.

Top with the shredded spring onion and sprinkle over the toasted sesame seeds.

Serve immediately accompanied with rice or noodles.

### Cook's notes

A dry sherry can be substituted for rice wine.

Peanut / groundnut oil allows for higher heat cooking and adds flavour. It may be substituted for canola oil.



Cast Iron  
32cm Wok

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