



# Midweek stir-fry

Recipe by Darcy Williams



Serves 4



25 minutes

## INGREDIENTS

- Chicken breasts: 2, cut in half through the middle, then sliced thinly
- Broccoli: half a head, cut into florets
- Carrots: 2, peeled, topped and tailed, halved lengthwise and cut on the bias
- Onions: 2, peeled, topped and tailed, halved, and cut across
- Cabbage: ¼ head, stem removed, cut on a bias in ½ cm widths
- Garlic: however much you want
- Oyster sauce: ¼ cup
- Xiaoxing cooking wine: ¼ cup
- Dark soy sauce: 2 tbsp
- Cooking oil: 4 tbsp (I use a bit more)
- White pepper, salt (or chicken stock!)
- A bit of water on standby
- Hokkien noodles: 1 packet of 2 inners

## NOTES

Some ingredients don't have a set amount. This recipe is more about speed, technique, flexibility and order of operations rather than sticking to a firm set of ingredients - making it very customisable for variety.

- Don't like chicken? Pick a protein, ensuring it's sliced thinly.
- Want prawns? Don't overcook them.
- Don't like carrots? Stick another veg in - red capsicum, zucchini, cauliflower, etc
- Don't like oyster sauce? Dark soy, hoisin, black bean etc are all your friends. In fact, you can omit sauces all together and it's still quite tasty - all seasonings are optional, even the garlic!
- Gluten free? Use rice noodles, or serve on rice instead.

Don't have a wok? Doesn't matter! Use any pot or pan that has half again as much free space as the amount you're cooking, so you can move it around to let all the flavours mingle.

Once again, this is about speed and technique and using ingredients that you like, or what's kicking about in the house.

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# Afternoons

with Lucie Cutting

on 936AM and the ABC listen app





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## DIRECTIONS

*This is more like the order I work through to get it on the table as quickly as possible! So it looks long, but it's lots of little bits. Read first then do. Change things as you need.*

1. Boil a full kettle.
2. Prep chicken as above and put into a bowl. Add some white pepper, chicken stock powder, and about 1tbsp each of cooking wine and oyster sauce (again, all this is optional. Salt is probably a minimum for some flavour). Give this a good massage, then wash your hands.
3. Prep veg as above, putting onion, cabbage and garlic into one bowl.
4. Put all other veg into a microwave-safe container with a lid (that steam can escape from), with 2cm of water in the bottom.
5. Microwave veg on high for 4 minutes (keep it crunchy. If you like soft veggies I am judging you), then drain in a strainer.
6. Open noodles into a bowl and pour boiling water over them to cover.
7. Put wok on stove, add half the oil, and heat until beginning to smoke.
8. Add the chicken and cook, stirring until just cooked through, then remove from the pan and return to the chicken bowl you've just quickly washed up.
9. Add remaining oil and heat up again. Add onion, cabbage and garlic to the pan - this should caramelise pretty quickly.
10. Add cooked veg and stir.
11. Add cooked chicken back into the wok.
12. Tease noodles apart, strain, and add noodles into the wok.
13. Add sauces, starting with the wine so it evaporates a bit, then the oyster and soy sauces (I don't measure out soy, oyster sauce or wine, I pour directly from bottles, saves washing up). Stir, and adjust seasoning to taste (start with less and build up to a flavour profile that you think your family will like).
14. Cook for about 2 minutes so everything is hot and flavours combined. Try not to overcook. Add a bit of water if it feels dry or you like a saucier stir-fry.

Distribute into serving bowls. A little sprinkle of toasted sesame seeds is nice. With a bit of practice this whole process should be sub-25 minutes to achieve.



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