

### Stir-Fried Chicken with Asparagus in BBQ Sauce



#### Ingredients:

- |                        |                 |
|------------------------|-----------------|
| 1. Chicken cubes       | 150g            |
| 2. Mini asparagus      | 1 pack          |
| 3. Yellow & red pepper | 1/2 each        |
| 4. Sliced garlic       | moderate amount |

#### BBQ sauce:

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|-------------------------|-------|
| 1. Oyster sauce         | 2 tsp |
| 2. Worcestershire sauce | 1 tsp |
| 3. Shaoxing wine        | 2 tsp |

#### Marinade:

- |                    |                 |
|--------------------|-----------------|
| 1. Light soy sauce | 2 tsp           |
| 2. Cornstarch      | 1 tsp           |
| 3. Water           | 2 tsp           |
| 4. Pepper powder   | moderate amount |
| 5. Sesame oil      | moderate amount |

#### Method

- 1) Firstly, cut chicken into cubes and marinate it for 15 minutes
- 2) Cut garlic in slice and mini asparagus in section. Mix the seasonings for later use.
- 3) Turn on Panasonic IH cooker's power, set the heat level to "6". Then add in 2 teaspoons of cooking oil and the marinated chicken onto the heated pan. Stir-fry chicken until it turns color. Put it back to the plate for later use.
- 4) Stir-fry garlic slices while pan is still hot. Add in red pepper, yellow pepper and the sectioned mini asparagus.
- 5) After adding in vegetables, raise high heat from level "6" to level "8". After a brief stir-fry, the chicken can be added back and stir-fry again in the pan. At last, BBQ sauce can be added onto the stir-fried chicken.

