

Sweet & Spicy Stir fry - 12V Banquet Frying Pan



Sticky, sweet, and just the right hit of heat. This quick chicken stir-fry features capsicum, onion, toasted cashews, and a honey-soy glaze with hot sauce, all prepared in the 12V Banquet Frying Pan. Cook time is 25 minutes and serves 4 people.

Ingredients

- 2 chicken breast, diced
- 1 capsicum, cut into strips
- 1 brown onion, wedged
- 3 tbsp olive oil
- 1 tbsp crushed ginger
- 1 tbsp crushed garlic
- 3 tbsp honey
- 3 tbsp preferred hot sauce
- 3 tbsp soy sauce
- 1 tbsp corn starch
- 1/2 cup cashews (optional)
- 2 cups white rice (instant)

Directions

1. If using cashews, fry them in 1 tablespoon of oil on medium heat until darkened for extra crunch, then set aside.

2. Pre-heat the pan at max heat, then add remaining oil, chicken, capsicum, onion, garlic, and ginger.
3. Stir frequently until vegetables soften and chicken cooks through.
4. Mix honey, hot sauce, soy sauce, and corn starch in a bowl until combined, then add to the pan.
5. Turn heat to medium and mix to coat everything in sauce.
6. Add cashews back in and let sauce reduce until sticky.
7. Push the stir-fry to one side of the pan, add instant rice to the other side, heat through, and serve.