

CELERY STIR-FRY

200g chicken breast, cubed
salt and pepper
cornstarch
vegetable oil
1 small carrot, chopped
chicken stock

3 stalks celery, de-veined & chopped
200g fresh baby corn
200g water chestnuts, chopped
1 can button mushrooms
fried cashews

1. Marinate chicken with salt & pepper, a heaping teaspoon of cornstarch and a teaspoon of oil.
2. Sauté carrot, a pinch salt & 2 T chicken stock in 1 T oil. When half cooked, add celery and corn (also add 4 more T stock, 2 T oil and dash of salt.)
3. When almost done, add water chestnuts and mushrooms. Season again with salt, stock & oil and sauté all. Remove to plate.
4. Sauté chicken in 2 T oil (or more if desired).
5. Return veggies to wok, mix, & thicken with cornstarch solution, if needed.
6. Garnish with cashews.