



Chinese chicken curry stir-fry Free Recipe 10042025

Description

Recipe

Chinese chicken curry stir-fry

This chicken is fairly simple and quick to make but it is so much healthier and tastier than a takeaway!

This recipe is delicious served with Taiwanese lun piah pancakes.

Recipe tips

To make this recipe vegan, replace the chicken with rehydrated shiitake mushrooms and cauliflower, and swap the chicken stock for vegetable stock

[Banzai Japan MV](#)

https://www.youtube.com/watch?v=k_vQsyC_F1A

Shopping List

Fruit and vegetables handful broccoli florets 1 small carrot, peeled and sliced diagonally 1 green chilli, seeds removed and finely chopped 1 garlic clove, finely chopped 2.5cm/1in piece fresh root ginger, peeled and finely grated ½ onion, sliced 1 spring onion, trimmed and sliced diagonally into 2cm/¾in pieces, to garnish Tins, packets and jars 150ml/5fl oz cold chicken stock Cooking ingredients 1 tsp light brown sugar 1 tbsp cornflour 1 tbsp cornflour ½ tsp madras hot curry powder 1 tbsp rapeseed oil pinch sea salt flakes 1 tsp dark soy sauce 1 star anise 1 tsp ground turmeric pinch ground white pepper Meat, fish and poultry 200g/7oz chicken thighs, boneless, skin removed and cut into 2.5cm/1in chunks Other 1 tbsp Shaoxing rice wine or dry sherry

<https://youtu.be/RR8YYeb4PMk?si=KmCkolvULfrlxyK9>

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1. chilli
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12. sea salt flakes
13. Dairy-free
14. brown sugar
15. curry powder
16. Egg-free
17. cornflour
18. fresh root ginger
19. Nut-free
20. white pepper
21. root ginger
22. Pregnancy-friendly
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29. clove
30. broccoli
31. soy sauce
32. rapeseed oil
33. florets
34. Shaoxing rice wine
35. dry sherry

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- 36. rice wine
- 37. sherry
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Date Created

March 31, 2025

Author

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