

CHICKEN & OKRA STIR-FRY

With RICE NOODLES

This recipe utilizes oyster sauce that can be found at an international market or aisle and although it may sound weird, the flavor is mild yet rich and wonderful paired with vegetables such as broccoli, Brussel sprouts and okra. I use a blended seasoning for the chicken that has a mixture of garlic, ginger & sesame seeds, but some salt and pepper will work just as well. Rice noodles need to be cooked and then rinsed thoroughly before reheating with the sauce so that they are not overly starchy- it is a good idea to coat the noodles with some sesame or plain oil after rinsing so that they do not stick together too much.

Ingredients

1 Pound Chicken breast,
sliced thinly

2 Tablespoons Sesame
Ginger Seasoning, or
other

1/3 Cup Cornstarch

1/2 medium yellow Onion,
sliced into strips

1 large Bell Pepper, any
color, sliced into strips

8 ounces Okra, washed
and trimmed for
uniformity

6 Garlic cloves, sliced
thinly

1 teaspoon Sambal Oelek
(chili paste), or more to
taste

1 Cup Chicken Stock

2 Tablespoons Soy Sauce

1/4 Cup Oyster Sauce

1/4 Cup Grapeseed Oil,
divided

1 pack Rice Noodles

Directions

Cook noodles according to packet directions, strain, rinse thoroughly and then coat with a little sesame oil. Meanwhile combine cornstarch and seasoning and combine with chicken to coat each piece evenly and the pieces are separated and dryish. Heat 2 Tablespoons of oil over medium-high heat in a wok or large sauté pan and then add chicken, spreading it out to cook evenly and working in batches to avoid over-crowding the pan if necessary. Turn the chicken so that at least 2 sides are golden, and the cornstarch is fried- use more oil if required. Remove from the pan and keep warm in a separate bowl close by. Wipe out the pan briefly with a paper towel and return to heat. Pour in remaining oil and carefully add onion, pepper, okra and garlic. Use tongs to keep the vegetables moving around so they cook evenly for about 2 minutes- look for the onion to have a little color and the pepper to be slightly wilted. At this time, pour in stock, soy sauce and Sambal. Cook for one minute and then return chicken to the pan. The sauce will begin to thicken after 30 seconds or so, then add the oyster sauce for the last 30 seconds before tossing in the rice noodles- if the sauce thickens too much add a Tablespoon of water at a time until desired consistency. Alternatively, if your pan is too small, pour boiling water over the noodles to reheat separately in a colander and then portion into bowls before dividing the stir-fry over the top.