



Russell Hobbs

DUALCHEF PRESSURE COOKER Recipe

CHICKEN AND BROCCOLI STIR FRY

Function: SAUTÉ

Time: 25 minutes

Serves: 4

INGREDIENTS

500g chicken breasts, cut into 2.5cm pieces
Sea salt and black pepper as needed
1-2 tbsp coconut oil or olive oil
3 ½ cups broccoli florets
⅓ cup very thinly sliced or grated carrots
1 tbsp cornstarch
2 tbsp water (more as needed for thinning)

SAUCE AND MARINADE

6 tsp coconut oil
1 ½ tsp oyster sauce
1 ½ tsp toasted sesame oil
1 tsp coconut sugar
½ tsp Mirin Chinese cooking wine/ Dry Sherry
½ teaspoon fresh minced ginger
2 cloves garlic minced
⅓ - ½ cup water OR chicken broth

OPTIONAL INGREDIENTS

Red pepper chilli flakes
Toasted sesame seeds
1 green onion thinly sliced

METHOD

1. In a medium bowl, combine the soy sauce, oyster sauce, sesame oil, coconut sugar (if using), Mirin (if using), ginger and garlic for the sauce. Set aside.
2. Season chicken with salt, pepper and 1 tablespoon of the sauce/marinade. Allow to sit while you chop and prep your vegetables.
3. Select the SAUTÉ function then add coconut oil in the **Russell Hobbs DualChef** pot. Once oil is hot, add the chicken and allow it to cook for 1-2 minutes. Pour in the remaining sauce along with ⅓ cup water (or chicken broth). Cover with lid.
4. Once all the pressure is released, carefully unlock the lid. Press the sauté button, then whisk the cornstarch with 2 tablespoons of water until combined and stir into the pot.
5. Add the broccoli and carrots and cook for 4-5 minutes or until the vegetables are crisp-tender and the sauce has thickened up. Adjust seasonings with salt, pepper or red pepper chilli flakes and / or add more water as needed to thin out sauce. Give everything a final tossing to coat well and serve.

Chef's tip: If you have a coconut allergy, opt for olive oil or avocado oil.