

LING LEES CHINESE CUISINE – Jack Li

Curried Chicken, Broccoli & Tofu

1 lb broccoli	Canola oil
2 chicken breasts	1 tsp sesame oil
1 pkg tofu	3 tsp coconut oil
Onion, sliced	4 tsp sugar
Carrots, sliced	Potato starch
2 small pieces garlic, mushed	1 ½ tsp salt
2 tsp curry powder	

Slice chicken and boil in hot water. Cut the broccoli in small pieces and boil until soft. Heat a wok or large fry pan, add canola oil when hot. Add garlic & spices. Add chicken, broccoli and stir-fry for a minute. Add 1 cup water and rest of ingredients, cook for 2 minutes. Add potato starch to liquid and stir till thickened. Remove to plate and serve!

Vegetable Fried Rice

2 lbs cooked rice	1 ½ tsp salt
180 ml mixed onion & celery	1 ½ tsp chicken soup base
2 eggs	1 tsp sugar
50 ml mushrooms, chopped finely	2 tps soya sauce
50 ml carrots, chopped finely	1 Tbl canola oil
50 ml peas	1 tsp sesame oil
50 ml bean sprouts	10 ml green onion

Cut up all vegetables. Heat up a wok or large fry pan. Add oil and eggs. Add vegetables and stir-fry. Add cooked rice. Add seasonings and mix well, stirring continuously while cooking. Add sesame oil. When cooked, remove to plate and sprinkle with chopped green onions.