

STEAMWAVE

Steamed Delight

Chicken with Asian Greens in Oyster Sauce

INGREDIENTS

250g chicken breast fillet
200g baby bok choy, washed
200g pak choy, washed
1/2 cup light sesame oil
salt and pepper (to taste)

Oyster Sauce

1/2 teaspoon sesame oil
3 tablespoons oyster sauce
3 tablespoons vegetable stock
1 teaspoon caster sugar
sesame seeds, garnish

INSTRUCTIONS

- Fill water tank
- Slice chicken breast into small pieces. Place chicken in a medium bowl and add soy sauce. Lightly season with salt and pepper. Toss chicken until coated.
- Place chicken onto steam tray sitting on the glass tray provided. Place both trays into the lower position.
- Evenly place baby bok choy and pak choy onto the second steam tray provided and place in the upper position.
- Set the oven to STEAM HIGH > 15 MINUTES > START.
- Remove chicken and Asian greens and let stand for 2 minutes.
- Remove glass tray and wipe inside the oven with paper towel when it has cooled down.

OYSTER SAUCE

- In a small glass microwave safe bowl combine all ingredients, mix well.
- Place bowl on the bottom of the oven and set to MICROWAVE > 2 MINUTES > START.
- Plate chicken pieces onto Asian greens and pour over the Oyster sauce.
- Sprinkle with sesame seeds.

NOTE: Cooking instructions refer to using the Sharp AX1100J Steamwave Oven.

