

# Wok-seared chicken tenders with asparagus & pistachios

Search:

- [Chicken](#)
- [Dinner](#)
- [Recipes](#)

## Wok-seared chicken tenders with asparagus & pistachios

```
(function(d, s, id) { var js, fjs = d.getElementsByTagName(s)[0]; if (d.getElementById(id)) return; js = d.createElement(s); js.id = id; js.src = "//connect.facebook.net/en_US/all.js#xfbml=1"; fjs.parentNode.insertBefore(js, fjs); }(document, 'script', 'facebook-jssdk'));  
Tweet !function(d,s,id){var js,fjs=d.getElementsByTagName(s)[0];if(!d.getElementById(id)){js=d.createElement(s);js.id=id;js.src="https://platform.twitter.com/widgets.js";fjs.parentNode.insertBefore(js,fjs);}}(document,"script","twitter-wjs");
```



```
(function() { var po = document.createElement('script'); po.type = 'text/javascript'; po.async = true; po.src = 'https://apis.google.com/js/plusone.js'; var s = document.getElementsByTagName('script')[0]; s.parentNode.insertBefore(po, s); })();  
Add to favorites
```

## Wok-seared chicken tenders with asparagus & pistachios

---



Rate this recipe

2 people are cooking this [Count me in](#)

Here's an East-meets-West stir-fry that will soon become a family favourite. Serve it over rice, with a simple salad of rocket and orange sections dressed in a light vinaigrette.

### Ingredients (Serves 4)

- 1 tbsp sesame oil
- 700 g fresh asparagus, tough ends trimmed, cut into 2cm pieces
- 450 g free range chicken tenders (see Ingredient Note), cut into bite-size pieces
- 4 spring onions, trimmed and cut into 2 cm pieces
- 2 tbsp minced fresh ginger
- 1 tbsp oyster sauce
- 1 tsp chilli-garlic sauce (see Ingredient Note)
- ¼ cup shelled salted pistachios, coarsely chopped

### Method

Heat oil in a wok or large skillet over high heat. Add asparagus; cook, stirring, for two minutes. Add chicken; cook, stirring, for four minutes. Stir in spring onion, ginger, oyster sauce and chilli-garlic sauce; cook, stirring, until the chicken is juicy and just cooked through, one to two minutes more. Stir in pistachios and serve immediately.

## Wok-seared chicken tenders with asparagus & pistachios

---

### Recipe Tips & Notes:

Ingredient Notes: Chicken tenders, virtually fat-free, are a strip of rib meat typically found attached to the underside of the chicken breast, but they can also be purchased separately. Tenders are perfect for quick stir-fries, chicken satay or kid-friendly breaded 'chicken fingers'.

Chilli-garlic sauce is a blend of ground red chillies, garlic and vinegar and is commonly used to add heat and flavour to Asian soups, sauces and stir-fries. It can be found in the Asian-food section of large supermarkets. It will keep in the refrigerator for up to one year.

```
function displayNutrition(msg) { $('#nutrition-label-container').text(msg); $('#nutrition-label-container').fadeOut(1000, function() { c_obj = $(this); window.setTimeout(function() { $(c_obj).fadeOut(1000); }, 5000); }); } function saveFavoriteNode(nid) { $.get('/favorite_nodes/add/' + nid, function(data) { //$('#result').html(data); alert('This recipe was added to your favorites list'); }); }
```