



Ingredients

- ▲ 2/3 cup brown rice (uncooked)
- ▲ spray olive or canola oil spray
- ▲ 1 clove garlic, finely chopped
- ▲ 1/2 tsp fresh ginger, grated
- ▲ 2 tsp reduced-salt soy sauce
- ▲ 150 g skinless chicken breast, chopped
- ▲ 2 tbs unsalted roasted cashews
- ▲ 1 cup broccoli
- ▲ 3 tsp honey
- ▲ 1 tbs oyster sauce
- ▲ 1 cup snow pea, stalks removed
- ▲ 2 spring onions (including green tops), sliced

Method

1. Cook rice according to packet instructions.
2. Combine garlic, ginger, soy sauce, pepper and chicken in a small bowl; set aside to marinate while vegetables are prepared.
3. Heat a non-stick wok or large frypan to high. Add cashews and dry-fry for a minute or until browned; remove from pan and set aside.
4. Spray pan with oil and heat to high. Add the chicken (with its marinade) and stir-fry for 2 minutes until browned. Set aside.
5. Respray pan with oil, add broccoli and stir-fry for 3 minutes, until just tender.
6. Add honey, oyster sauce and 2 tablespoons water to the pan along with snow peas, spring onions and chicken including any juices; stir-fry for another 3 minutes till heated through.

Comment: *To make this dish gluten free check your sauces as some may contain gluten.

7. Divide rice and chicken stir-fry between plates and serve sprinkled with cashews.

Nutrition Information

	per serving	per 100g
Energy	2177 kJ	415 kJ
Protein	36 g	7 g
Fat, total	10 g	2 g
— saturated	2 g	0.3 g
Carbohydrate	64 g	12 g
— sugars	18 g	4 g
Sodium	1163 mg	221 mg
Fibre	14 g	3 g