

HEALTHY CHICKEN VEGETABLE STIR FRY

RECIPE



☰ Prep: 20 mins
🕒 Cook: 10 mins
🍴 Serves: 4
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Ingredients

- ▲ 2 cups rice (uncooked)
- ▲ 1 tsp olive oil
- ▲ 250 g skinless chicken breasts, thinly sliced
- ▲ 2 cloves garlic, crushed
- ▲ 1 medium brown onion, chopped
- ▲ 2 medium carrots, thinly sliced
- ▲ 1 stick celery, sliced
- ▲ 1 red capsicum, seeded and diced
- ▲ 125 g snow pea, ends trimmed
- ▲ 1 bunch bok choy, roughly chopped
- ▲ 2 tsp cornflour
- ▲ 2 tbs reduced-salt soy sauce
- ▲ 1/2 cup salt-reduced chicken stock
- ▲ 1 tbs sweet chilli sauce

Method

1. Cook rice following packet directions.
2. While cooking, heat oil in a wok or large pan and stir-fry chicken until almost cooked. Set aside.
3. Add garlic, onion, carrots, celery and capsicum to the wok and cook for 2 minutes.
4. Return chicken to the pan, add snow peas and bok choy and cook for 2 minutes.
5. In a small bowl mix cornflour and soy sauce to a smooth paste then stir in stock and chilli sauce. Pour into stir-fry and heat through.
6. Serve with rice.

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Variations

- Use lean pork loin instead of chicken.
- Try noodles instead of rice.

Nutrition Information

	per serving	per 100g
Energy	2653 kJ	453 kJ
Protein	29.4 g	5 g
Fat, total	6 g	1 g
— saturated	1.2 g	0.2 g
Carbohydrate	108.4 g	18.5 g
— sugars	8.7 g	1.5 g
Sodium	619.4 mg	111.9 mg
Fibre	10.7 g	1.8 g