

Chicken Stir Fry

Serves: 4

Prep time: 20 minutes

Cook time: 20 minutes



3 serves per portion

Ingredients

1 tablespoon extra-virgin olive oil
400g skinless chicken breast, cut into strips
2 garlic cloves, crushed
1 onion, chopped into crescents
1 carrot, julienned
1 stick celery, sliced
1 red capsicum, deseeded and sliced
10 snow peas, ends and string removed
1 bunch bok choy, chopped roughly
2 teaspoons cornflour
2 tablespoons reduced salt soy sauce
½ cup vegetable stock
1 tablespoon sweet chilli sauce

Method

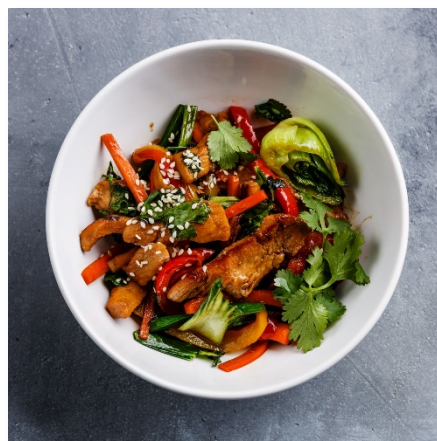
HEAT oil in a wok (or large frying pan), add chicken and fry for 5-10 minutes until cooked through. Set aside.

ADD garlic, onion, carrot, celery and capsicum to the wok and cook for 5 minutes.

RETURN chicken to the pan, add snow peas and bok choy and cook for a further 2 minutes.

MIX cornflour and soy sauce in a small bowl to form a smooth paste. Add stock and sweet chilli sauce and mix well. Pour over the chicken and vegetables and stir until heated through and the sauce has thickened.

SERVE with brown rice and quinoa.



Everyday Food

Recipe Courtesy of the Country Kitchens team