

Today's Favourite

CHICKEN AND VEGIE STIR-FRY



7 serves of vegies per recipe

Ingredients

2 cups rice
1 teaspoon vegetable oil
250g chicken breast, skin removed and cut into strips
1-2 cloves garlic, crushed
1 medium onion, chopped
2 medium carrots, thinly sliced
1 stick celery, sliced
1 red capsicum, seeded and diced

125g snow peas, ends and strings removed
1 bunch bok choy, or 1 cup of cabbage, roughly chopped
2 teaspoons cornflour
2 tablespoons reduced-salt soy sauce
 $\frac{1}{2}$ cup chicken stock
1 tablespoon sweet chilli sauce

Method

Cook rice following packet directions. While cooking, heat oil in a wok or large pan and stir-fry chicken until almost cooked. Set aside. Add garlic, onion, carrots, celery and capsicum to the wok and cook for 2 minutes. Return chicken to the pan, add snow peas and bok choy and cook for 2 minutes. 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. Serve with rice. Serves 4.



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