



STIR FRY

A quick and easy dinner combining lean chicken or prawns with super-healthy veg

Serves 4

INGREDIENTS

- 200g trimmed broccoli florets, halved
- 200g mange tout
- 150g beansprouts
- 500g stir fry chicken breast, diced (or 700g frozen king prawns)
- 30g ginger, cut into shreds
- 1 red onion, sliced
- 1 red pepper, cubed
- 4 tsp olive oil
- 2 tsp mild chilli powder (or fresh chilli)*
- 2 tbsp soy sauce*
- 2 tbsp honey
- 500g long grain rice (or noodles if you prefer)

*from your own cupboard/ cannot be purchased in our grocery shop

PREP TIME

- Prep | 10 m
- Cook | 20 m
- Ready in | 30 m

METHOD

01

Put the kettle on to boil and tip the broccoli into a medium pan ready to go on the heat. Pour the water over the broccoli then boil for 4 minutes.

02

Heat the olive oil in a non-stick wok and stir-fry the ginger, garlic and onion for two minutes. Add the mild chilli powder (or fresh chilli) and stir briefly. Add the chicken or prawns and stir-fry for another 2 minutes.

03

Drain the broccoli and reserve the water. Pour the broccoli florets into the wok followed by the soy sauce, honey, red pepper, mange tout, bean sprouts and 8 tbsp of the broccoli water. Cook until heated through.

04

Meanwhile, cook the rice according to the pack instructions then serve with the stir-fry.

Works perfectly with a glass of Esk Valley, New Zealand Sauvignon Blanc

