

MAKE THEIR MEALS COUNT



Honey soy chicken stir fry

Ingredients serves 4

- 1 cup uncooked rice
- 400g chicken breast, cut across the grain into thin strips
- $\frac{1}{4}$ cup salt reduced soy sauce
- 1 tablespoon honey
- 2 tablespoons olive oil
- 1 carrot, diced
- 1 zucchini, diced
- 1 red onion, diced
- 1 cup green beans, topped
- 1 cup snow peas, topped
- 2 cloves garlic, finely chopped or crushed

Method

1. Bring a pot of water to boil in a large saucepan, then add rice. Stir until water comes back to boil. Boil with the lid off until rice is just soft.
2. Heat 1 tablespoon of olive oil in a hot wok or fry pan.
3. Add the chicken strips and stir-fry until the chicken is sealed and slightly golden. Transfer the chicken to a bowl, add soy sauce and honey and set aside.
4. Add 1 tablespoon of olive oil to the wok and heat until hot.
5. Add the hard vegetables first (carrot, snow peas and green beans) and stir-fry for 2 minutes.
6. Add the softer vegetables (zucchini, red onion and garlic) and stir-fry for another 2 minutes.
7. Ensure your pan is on a high heat and add a tablespoon of water to create steam and help the vegetables to cook.
8. Return the chicken to the pan, mix through the vegetables and cook until the chicken is cooked through (white on the inside).
9. Drain the rice and serve with chicken and vegetables.