

Easy Every Day Chicken Stir Fry

Serves 4

Ingredients: -

460g/1lb - boneless skinless chicken breast

10ml/2 tsp - fresh ginger, finely chopped or 5ml/1 tsp if dried

15ml/1 tbsp - extra virgin olive oil

2 - small garlic cloves

2 - onions, coarsely chopped

2 - carrots, thinly sliced on diagonal

2 - celery sticks, diagonally sliced

½ - red pepper

½ - yellow pepper

230g/8oz - broccoli florets or cauliflower florets (fresh or frozen)

30ml/2 tbsp - hoisin sauce or sherry or soy sauce

Method: -

Cut chicken into 2.5cm/1" cubes, in large non stick pan or wok.

Heat oil over high heat, stir fry ginger, garlic and chicken for 3 minutes or until lightly browned.

Add onions, stir fry for 1 minute.

Add carrots, celery, peppers, broccoli and cauliflower florets, stir fry for



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4 minutes or until vegetables are tender crisp, adding a spoonful of water, if necessary, to prevent

scorching.

Stir in hoisin sauce until mixed.