

# How to... Chicken Stir Fry

(Serves 2)

2 small chicken breasts, 1 onion, 2 peppers, ½ courgette, 4 mushrooms, 1 dessertspoon of oil, 1 teaspoon of garlic purée, 1 teaspoon of fresh or dried ginger, ½ teaspoon of Chinese 5 Spice, 5 dessertspoons of light or reduced salt soya sauce, 1 dessertspoon of chilli sauce (optional)



Collect your ingredients.



Chop onion into chunks.



Wash and chop mixed peppers.



Wash and chop courgette.



Clean and slice mushrooms.



Cut chicken into strips, heat oil in a deep pot, add onions, garlic, ginger and 5 spice.



After a few minutes add the chicken and simmer on a medium heat until fully cooked.



Add vegetables and soya sauce reduce heat and cook for 5 minutes.



If the sauce looks a bit dry add a little water. Serve with rice or noodles.