

WHAT YOU NEED

- 2 chicken breasts
- 1 onion
- 2 peppers (deseeded)
- ½ courgette
- 4 mushrooms
- 1 dessertspoon of oil
- 1 teaspoon of garlic purée or 2 cloves of garlic, chopped
- 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)

How to Make Chicken Stir Fry

Serves 2

1



Collect your ingredients.

2



Peel and chop onion.

3



Wash and chop mixed peppers.

4



Wash and chop courgette.

5



Clean and slice mushrooms.

6



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

7



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

8



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

9



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