

Chicken Stir Fry

Serves 4

Ingredients

- 500g lean chicken, cut into strips
- 1 tablespoon oil
- 1 teaspoon soy sauce
- 2 teaspoons fresh ginger, chopped finely
- 1 clove garlic, chopped
- 2 sticks celery, sliced
- 1 cup mushrooms, sliced
- 1 capsicum, cut into strips
- 2 carrots, sliced
- 1 cup broccoli in small pieces
- 1 onion, cut into wedges
- 1 tablespoon water
- 3 cups cooked rice



Method

1. In a large pan, heat oil, add chicken and cook for 3-5 minutes.
2. Add soy sauce, ginger and garlic and stir.
3. Add vegetables and continue to cook for 2-3 minutes.
4. Add water, cover and cook for a further 4-5 minutes or until vegetables are tender.
5. Serve dish with the 3 cups of cooked rice.