



Healthy recipes on a budget

Chicken and Asian greens stir-fry (for 4-6)

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INGREDIENTS

- 1 tbsp vegetable oil
- 500g chicken (skinless fillet), sliced
- 1 onion, sliced
- 1 garlic clove, crushed
- 2 bunches bok choy, quartered
- 1 bunch broccoli or cauliflower
- 100g green beans, trimmed (or any other vegetables you have handy)
- ¼ cup sweet chilli sauce
- ¼ cup lemon juice
- 2 tbsp soy sauce
- steamed rice or noodles to serve

METHOD

Heat oil in a wok or large frying pan on high. Stir-fry the chicken in two batches for two to three minutes. Remove to a plate.

Add the onion and garlic to the wok and stir-fry for one to two minutes until just tender. Return the chicken to the wok with the vegetables, sweet chilli sauce, citrus juice and soy sauce. Stir-fry for two to three minutes until greens are just beginning to wilt. Serve immediately with steamed rice or noodles.

TIPS

The secret to stir-frying is the heat. You need a really high heat to cook the ingredients quickly and prevent them stewing in their own juices, that way your stir-fries will always be fresh and crisp, not limp and soggy.