

# Chicken Stir-Fry Serves 2

## Marinade

½ t	Minced fresh Garlic
½ t	Minced fresh Ginger
½ t	Corn Flour
1 T	Water
1 T	Light Honey Soy Sauce (light soy sauce with ½ tsp honey)
1 T	Oil

**Marinade option:** instead of making a marinade, use 1 packet of Maggi Stir-fry Creations.



## Ingredients

200g	Chicken breast, sliced evenly into thin strips
3 cups	Seasonal vegetables cut into even sized pieces: (courgette, capsicum, green beans, celery, carrots, spring onions, bok choy, cauliflower or broccoli). Alternatively use frozen stir fry vegetables
1 T	Oil
2 T	Coriander leaves, sliced spring onions or mung beans
1 T	Sesame seeds

## Method

Place all of the marinade ingredients (except oil) in a bowl, add chicken and leave for 10 minutes. If using a pre-prepared marinade follow packet instructions.

Prepare vegetables.

Heat fry pan or wok over a medium heat, add oil and vegetables and cook for 5-6 minutes until tender. Start with longer cooking vegetables e.g. carrots, celery, green beans, capsicum, courgettes, broccoli and finish with quick cooking vegetables e.g. courgettes, bok choy, capsicum and mushrooms). Remove vegetables from pan.

In the same pan cook chicken with marinade for approximately 5-6 minutes or until juices run clear. When chicken is cooked return vegetables to pan serve. Garnish with fresh coriander leaves, garden herbs, spring onions or mung beans. **Serve over rice, pasta or noodles.**