



Chicken Stir-Fry

Chicken stir-fry with colourful vegetables served over fluffy rice.



30 minutes



4 servings



Chicken

FROM YOUR BOX

JASMINE RICE	300g
BROCCOLI	1
RED CAPSICUM	1
CARROT	1
CHICKEN MINCE	600g

FROM YOUR PANTRY

oil for cooking, soy sauce or stir-fry sauce (of choice)

NOTES

You can cook the vegetables together with the chicken if preferred.

You can use the chicken mince to make patties and steam the vegetables instead. Alternatively you can use all the ingredients to make a fried rice!

1. COOK THE RICE

Place **rice** in a saucepan, cover with **550ml water**. Cover with a lid and bring to a boil. Reduce to medium-low heat for 10–15 minutes. Remove from heat, stand for 5 minutes. Stir carefully with a fork.

TIP *Use a rice cooker if you have one.*

2. COOK THE VEGETABLES

Cut **broccoli** into small florets, slice **capsicum** and **carrot**. Cook in a hot wok with **oil** until tender (see notes).

TIP *Use sesame oil, crushed garlic, fresh ginger and soy sauce for flavour!*

3. COOK THE CHICKEN

Add **chicken** to pan along with **2–3 tbsp soy sauce or stir-fry sauce (of choice)** for 6–8 minutes or until cooked through (see notes).

TIP *We used 2 tbsp oyster sauce and 1 tbsp sweet chilli sauce. You can use hoisin, teriyaki or any of your favourite pre-made sauces.*

4. FINISH AND SERVE

Serve **rice** with **chicken** and **vegetables**.

TIP *Garnish the dish with chopped cashews, fresh chilli or spring onions if you have some.*

This recipe has simplified instructions to help lower your meal cost.