



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



e-Recipe only

Create your way by
using your favourite
pantry items from
home.



Chicken Stir-Fry

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



20 minutes



4 servings



Chicken

FROM YOUR BOX

BASMATI 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 **600ml 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 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 2 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.*