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CHICKEN STIR FRY

SERVES 1

Ingredients

Chicken thigh, skinless & boneless, cut in to strips

Silver beet 1 leaf

½ Broccoli, hearts and stem

Tuscan Cabbage, 2 leaves

2 eggs, whisked in a bowl

Bok Choy, 1 each

½ Red chili, sliced finely

Garlic, 1 clove, sliced finely

Ginger, ¼ knob, finely grated

Vermicelli rice noodles, ½ sheet

Hoisin sauce, 50 gm

Coriander, ¼ bunch, chopped

Method

Chefs tip - Stir fry is all about cooking quickly so it is important to have everything prepared and at your fingertips when it comes time to cook. This dish is all about fresh vegetables that still have some bite so make sure you don't overcook the vegetables and lose all of their nutritional value!

1. Put the vermicelli noodles in a bowl and cover with boiling water. Leave for 30 sec – 1 minute, drain and set aside.
2. Ensure you have all of your ingredients prepared and on hand. Heat a small amount of oil in a wok until hot. Add the whisked eggs and as soon as they start to scramble add the chicken, chili, garlic and ginger and sauté until the chicken is just about done.
3. Add all the greens (Silver beet, broccoli, cabbage, bok choy) and then stir through the hoisin sauce. Add the drained vermicelli noodles to the pan and remove from the heat.
4. Toss through the chopped coriander, pour in to a bowl and serve immediately.

