

Honey-soy Stirfry

Ingredients

- 1 carrot
- 1 celery stalk
- ½ red onion
- 5-8 large mushrooms
- ½ capsicum
- ½ head of broccoli
- 2 chicken breasts (skin removed)
- 3 Tablespoons soy sauce
- 1 teaspoon honey
- 1 teaspoon crushed garlic



Directions

- 1) Cut up all vegetables into bite sizes chunks, set aside.
- 2) In a bowl, mix together the soy, honey and garlic.
- 3) Dice the chicken breasts into bite sized chunks and add to the soy mixture, leave to marinate for 10 minutes.
- 4) Put a non-stick pan over a medium heat, add a teaspoon of vegetable oil and pour in the chicken and soy mixture. Cook the chicken through.
- 5) Remove the chicken and juices from the pan and set aside.
- 6) Return the empty pan to the heat, add a teaspoon of vegetable oil and add all the chopped vegetables into the pan, add half of the chicken and soy juices to the vegetables in the pan. Stir this until the vegetables are tender.
- 7) Return the chicken to the pan with the vegetables and stir through till hot.
- 8) Remove from heat and serve. Enjoy.

Note: This stirfry is great served alongside brown rice, simply double the sauce recipe if you wish to have this with rice. You can also add in, and swap out any vegetables you have at home.

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