



Chicken Stir-fry with Rice

Serves 1

Prep time: 10 minutes

Cooking time: 15 minutes

Per portion

Calories: 470

Fat: 5.6g

Saturates: 1.1g

Carbs: 60.9g

of which sugars: 12.3g

Fibre: 5.3g

Protein: 44.9g

Salt: 0.8g

Ingredients:

- 1 x 150g skinless chicken breast, sliced
- 60g basmati rice, dry weight
- 1 small red pepper, deseeded and sliced
- ½ small red chilli, sliced
- 1 spring onion, cleaned, root removed and sliced
- 40g French beans, trimmed and cut in half
- 40g mange tout
- 1 tsp honey
- 1 tsp soy sauce
- ½ tsp sesame oil
- Sesame seeds to garnish - optional

Instructions:

Bring a pan of water to the boil and add the rice.

Place the chicken slices in a bowl, and add the honey and soy sauce, stir to combine, and set aside for 5 minutes.

Heat a frying pan and add the sesame oil. Add the marinated chicken and any juices and cook for 5-6 minutes or until the chicken has browned on all sides.

Add the red pepper and cook for a further minute before adding the sliced red chili, spring onion, french beans and mange tout, cook for a further 2-3 minutes, stirring occasionally.

Drain the rice and place in a warmed pasta bowl. Pour the chicken vegetable mix over the rice and sprinkle with the sesame seeds if using. Serve straight away

Tip: swap the red chilli for ½ tsp of freshly grated ginger for a different type of heat