

Chicken stir-fry



Preparation Time



Cooking Time



Serves



Ingredients:

- 2 teaspoons sesame oil
- 2 garlic cloves, finely chopped
- 2 cm ginger, peeled, grated
- 2 teaspoons soy sauce
- 2 chicken breast fillets skin removed, sliced
- 2 cups snow peas
- 2 red capsicums
- 100g cashews, lightly toasted
- 4 green onions, sliced
- ¼ cup coriander
- 2 tablespoons fresh basil

Method:

- Heat sesame oil in a large fry pan over medium heat.
- Cook chicken until lightly brown. Add garlic, ginger and soy sauce. Cook for 1 minute.
- Add snow peas, capsicums, cashews and green onions and cook for a further 2 minutes or until softened.
- Stir through herbs and serve.

Do you like this recipe? You might be interested in more recipes developed by Amie Harper, food and nutrition expert – www.thinkpei.com.au

Nutrition:	Per serve (4 serves total)	Per 100g
Energy	2127kJ	442kJ
Protein	40g	8g
Fat total	19g	4g
Saturated fat	3g	1g
Monounsaturated fat	10g	2g
Polyunsaturated fat	4g	1g
Trans fat	0.08g	0.02g
Very long chain N3 fatty acids	0.03g	0.01g
Carbohydrates	39g	8g
Sugars	18g	3g
Fibre	11g	2g
Sodium	377mg	78mg

Notes

The nutritional content stated in each recipe has been calculated using a nutritional labelling tool by FoodWorks 9 Professional. Please note the stated nutritional content is an estimate only, and may vary depending on the quality and amounts of ingredients used. For more information on the nutritional content of your food, please consult your dietitian for advice.