

## **Easy Chicken & Veggie Stir Fry**

### **Ingredients**

500g of skinless chicken breast fillets  
2 crushed garlic cloves, or 2 tbsp minced garlic  
1 tbsp salt reduced soy sauce  
1 tbsp honey  
Olive oil spray  
150g of baby spinach leaves  
500g mixed frozen veggies (e.g. broccoli, cauliflower)  
2 peeled carrots, cut into small sticks  
1 red capsicum cut into small sticks  
100g sugar snapped peas, tops off  
100g snow peas, tops off  
2/3 cup roasted cashews

### **To serve:**

2 cups steamed brown or basmati rice, or  
2 cups egg noodles (or vermicelli noodles)



### **Method**

1. Cut the chicken into thin slices and place in a bowl. Add the garlic, soy sauce and honey and mix until well combined. Cover and refrigerate for 10 minutes.
2. Heat wok or large saucepan on high heat, then spray with oil. Add 1/3 of chicken and stir fry for 1 to 2 minutes until sealed, then remove chicken to a clean plate. Repeat in two batches with remaining chicken.
3. Meanwhile, microwave frozen veggies in a microwave safe bowl for 3-5 mins or until warm. Set aside.
4. Spray the wok lightly with oil. Add spinach, carrot and capsicum. Stir fry for 1 minute. Add the snap and snow peas, then frozen veggie mix and return the chicken plus any juices, from the plate. Stir fry until chicken is warm through.
5. Remove the heat, stir fry with roasted cashews and serve with rice or noodles of your choice.

### **To roast your own cashews or favourite nuts/seeds:**

Preheat oven to 180°C fan forced. Place cashews or nuts/seeds of your choice in a tray and cook in the oven for 5 - 8 mins or until toasted. Add to stir fry before serving.

Source:

<https://www.heartfoundation.org.au/recipes/honey-and-soy-chicken-stir-fry>