



Chicken Stir Fry

Serving: 1

Veg

Ingredients

- 1 tsp extra-virgin olive oil
- 1 tsp. cumin
- 1/2 tsp red pepper flakes
- 100 grams chicken breast shredded or cubed (boiled)
- Kosher salt to taste
- Black pepper to taste
- 1 bell pepper, thinly sliced
- 1 large onion, thinly sliced
- 1/2 cup cabbage sliced
- 5-6 broccoli florets
- Handful palak chopped

Preparation Method

- In a large wok, add 1 tsp olive oil and heat add cumin .
- Add diced onion, capsicum and stir-fry for 2 minutes.
- Now add cabbage and broccoli florets , saute for 3-4 minutes Now add chicken ,Mix everything well.
- Add all the spices and stir-fry for another 2 minutes.
- Lasty add chopped palak on top , Turn off the gas .
- Serve