

Stir-fried chicken with broccoli & brown rice

for 2 servings - ready in 30 min



Ingredients:

200g trimmed broccoli florets (about 6), halved

1 chicken breast (approx 180g), diced

15g ginger, cut into shreds

2 garlic cloves, cut into shreds

1 red onion, sliced

1 roasted red pepper, from a jar, cut into cubes

2 tsp olive oil

1 tsp mild chilli powder

1 tbsp reduced-salt soy sauce

1 tbsp honey

250g pack cooked brown rice

Recipe instructions:

1. Put the kettle on to boil and tip the broccoli into a medium pan ready to go on the heat.
2. Pour the water over the broccoli then boil for 4 mins.
3. Heat the olive oil in a non-stick wok and stir-fry the ginger, garlic and onion for 2 mins, add the mild chilli powder and stir briefly.
4. Add the chicken and stir-fry for 2 mins more.
5. Drain the broccoli and reserve the water. Tip the broccoli into the wok with the soy, honey, red pepper and 4 tbsp broccoli water then cook until heated through. Meanwhile, heat the rice following the pack instructions and serve with the stir-fry.