

TERIYAKI CHICKEN STIR FRY

Serves 4 | Prep time: 15 mins

Cook time: 30 mins

INGREDIENTS

1/3 cup salt-reduced soy sauce
¼ cup mirin
¼ cup cooking sake
1 tbsp brown sugar
1 tsp honey
2 tbsp peanut oil
2 spring onions, finely sliced
1 tbsp ginger, finely chopped
1 garlic clove, finely crushed
1 long red chilli, finely chopped
500g chicken strips
1 carrot, peeled and sliced
1 bunch broccolini cut into bite-size chunks
1 zucchini, quartered and sliced
1 capsicum, sliced into strips
Noodles or rice to serve

METHOD

1. Combine the soy sauce, mirin, cooking sake, brown sugar and honey in a small pot. Bring the mixture to a boil over medium heat, stirring regularly to dissolve the sugar.
2. Once boiling, reduce to a low heat. Simmer for 15 minutes or until the sauce thickens. Set aside.
3. Heat oil in a wok over a medium-high heat. Add spring onions, ginger, garlic and chilli and toss well for 1-2 minutes. Add chicken and cook for 2-3 minutes or until brown.
4. Add vegetables and sauce and coat well. Cook for 5 minutes or until vegetables are tender.

Serve with noodles or rice. Garnish with sesame seeds and fried shallots.

NUTRITION TIP

Struggling to get your fill of veggies? Then try this stir fry. It's loaded with different coloured and vibrant veggies that promote good health.



THE NUTRITION GUY

