

Chicken and Broccolini Stir Fry for One

Serves: 1

Prep time: 6 Minutes

Cooking time: 8-10 Minutes

Ingredients:

- 1 chicken breast
- 1-2 tablespoons cornflour
- oil
- 1 onion, cut into wedges
- 1 teaspoon grated ginger
- 1 teaspoon grated garlic
- 1 bunch of broccolini, cut the florets into pieces
- 1 cheek red capsicum
- 4 button mushrooms cut into quarters
- 2 teaspoons hoisin sauce
- 2 teaspoons vinegar
- ½ teaspoon soy sauce
- ¼ cup stock or water
- pinch vegeta
- splash of sesame oil
- 1 teaspoon extra cornflour
- 1 tablespoon water
- 1 tablespoon chopped chives

Method:

- Mix together the hoisin sauce, vinegar, soy sauce and the stock or water
- Mix the extra cornflour and water together to make a slurry/paste
- Cut the chicken into bite size pieces, dust with the cornflour and removing any excess flour
- Heat oil in wok over medium-high heat, stir-fry until chicken is browned on all sides, remove and set aside
- Add a little more oil to the pan and pan fry onions for a minute, then add ginger and garlic stir while cooking 1-2 minutes longer
- Add broccolini, capsicum, and mushrooms , stir well and cook for 2-3 minutes longer or until they start to soften
- Return the chicken to the mixture, with the sauce and cornflour slurry, stir to reheat and the sauce thickens
- **Garnish with chopped chives. Serve and Enjoy!**



*Who doesn't love a quick stir fry
On the table in less than 20
minutes.
Heathy and Yummy*