

Chicken and Asian vegetable stir-fry



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SERVES 4

750g chicken breasts, cut into bite-size pieces

Vegetable oil

½ brown onion, sliced

2 cloves garlic, finely minced

½ cup soy sauce

1 small tin water chestnuts

1 red capsicum, cut into strips

6 small or 4 medium mushrooms, sliced

2 carrots, peeled and cut into batons

100g green beans

1 bunch bok choy

Chicken stock

Packet Asian noodles

Heat oil on flat plate of barbecue. Cook the onion and mushrooms. Raise the heat and add the chicken, cook until golden. Add vegetables, garlic and soy sauce. Use a splash of chicken stock to keep the stir-fry moist if it starts to dry out. Toss through cooked noodles. This dish may also be cooked in a frying pan or wok.

All recipe ingredients are available at the following Northbridge Plaza retailers:



- Tokyo Mart
- Antico's Fruit World
- Aegean Deli Café

Recipe and images supplied by Lenard's.

