



HONEY SOY CHICKEN STIR FRY

This honey soy chicken stir fry is the perfect easy dinner for a busy week night! With plenty of tender chicken pieces and fresh vegetables all tossed in an easy sauce, all done in less than 30 minutes!

Ingredients

- 1 tablespoon vegetable oil
- 500g boneless skinless chicken breasts cut into 1 inch pieces
- 2 teaspoons minced ginger
- 2 courgettes quartered and sliced
- 1 red pepper cored, seeded and cut into 1 inch pieces
- 60ml chicken stock
- 60ml soy sauce
- 3 tablespoons honey
- 2 teaspoons cornflour
- 2 tablespoons sliced spring onions
- salt and pepper to taste

Method

1. Heat the oil in a large pan over medium high heat. Season the chicken with salt and pepper to taste.
2. Add the chicken to the pan in a single layer and cook until browned. You may need to work in batches.
3. Add the ginger to the chicken and cook for 30 seconds more.
4. Place the chicken mixture on a plate and cover with foil to keep warm.
5. Add the courgette and red pepper to the pan and cook for 3-4 minutes or until softened. Add the chicken back to the pan with the vegetables.
6. In a bowl whisk together the chicken broth, honey and soy sauce.
7. In a small bowl mix the cornflour with a tablespoon of cold water.
8. Pour the chicken broth mixture over the chicken and vegetables; cook for 30 seconds.
9. Add the cornflour and bring to a boil; cook for 1 more minute or until sauce has just started to thicken.
10. Sprinkle with spring onions and serve with rice or noodles.