

## Chicken Stir Fry

(serves 4)



### **Ingredients:**

5 large mushrooms sliced  
450g chicken breasts cut into strips  
1 small zucchini cut thin  
1 red capsicum cleaned and cut into thin strips  
1 medium onion chopped  
1 small cup of cauliflower flowerettes  
1 small cup broccoli flowerettes  
 $\frac{3}{4}$  cup chicken stock  
2 tbs olive oil  
1  $\frac{1}{2}$  teaspoons corn flour  
1 teaspoon salt  
 $\frac{1}{4}$  teaspoon pepper

### **Method:**

Heat up the oil in a wok or large pot to medium high heat. Cook the chicken for 3 minutes. Add the vegetables and continue to fry for another 6 minutes. Mix the corn flour in with the chicken stock. Add the salt, pepper and the chicken stock to the chicken and vegetables. Keep cooking for about 3 to 5 minutes, till the vegetables and chicken is cooked. Serve on plain rice.