

Simple Stir Fry

Thai Spice Blend Asian Dressing

Serves 1

Preparation time 10 minutes

Cooking time 10 minutes

Ingredients:

Chicken breast cut into thin strips (portion size)

Olive oil spray

1 teaspoon Thai Spice Blend

2 tablespoons Asian Dressing

Portion size of:

Broccoli florets lightly steamed until tender

Green beans ends removed, lightly steamed until tender

Asparagus cut in halves, lightly steamed until tender

Red capsicum cut into thin strips

Coriander to garnish



Method:

1. Coat chicken in **Thai Spice Blend**.
2. Heat a lightly oiled wok or large heavy base fry pan over medium heat.
3. Add chicken and cook until browned.
4. Add **Asian Dressing** and cook, stirring for 5 minutes.
5. Add broccoli, beans, asparagus and capsicum. Cook a further 3 minutes then serve immediately.
6. Garnish with coriander leaves.

...Cook's Tips

Extra servings:

To increase servings to include the rest of the family simply times ingredients by how many servings are required. (eg. 4 x Chicken Breast, 4 x teaspoons of Thai Spice Blend. etc for four people)

For Variety

Chicken can be substituted with Fish or Beef.

For those not on the Quick Loss programme

Serve with noodles or boiled white rice.