

CHICKEN STIR FRY



Prep time: 20 minutes
Cook time: 15 minutes
Serves 2 people

INGREDIENTS: STIR FRY

1 teaspoon + 1 tablespoon
vegetable oil, divided
2 carrots, thinly sliced
½ yellow and red bell pepper,
cored, seeded and thinly sliced
1 cup shredded cabbage
A handful of baby spinach leaves
450g boneless skinless chicken
breast, cut into 1-inch pieces
4 cloves of garlic, minced
1½ teaspoons sugar
1 tablespoon soy sauce
2 tbsp sesame seeds
Salt and pepper to taste
Balsamic reduction:
1 cup balsamic vinegar
1 tablespoon sugar

Suitable for health fanatics.

We love to give you options, so we've taken this recipe to the pan with our unforgettable chicken stir fry recipe - packed with an array of healthy ingredients this tasty stir fry recipe is guaranteed to be a sensation.

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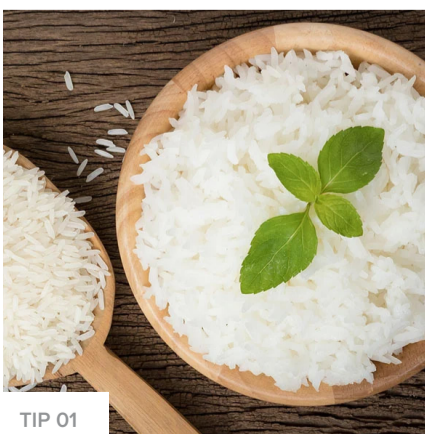
INSTRUCTIONS: STIR FRY

1. Place 1 teaspoon of oil in a large pan and heat over medium-high heat.
2. Add the carrots, cabbage, bell peppers and spinach to the pan. Cook for 5 - 6 minutes or until the vegetables are tender.
3. Remove the vegetables from the pan; transfer to a plate and cover with foil to keep warm.
4. Wipe the pan clean with a paper towel, then heat the remaining tablespoon of oil over high heat.
5. Add the chicken to the pan in a single layer and season with salt and pepper to taste.
6. Cook for 3 - 4 minutes per side, or until chicken is browned and cooked through.
7. Lower heat to medium, add the garlic and cook for 30 seconds.
8. Add the vegetables back to the pan.
9. Add balsamic reduction to the pan to coat chicken and vegetables.
10. Add a splash of soy sauce to the mixture and simmer for 1 - 2 minutes.
11. Sprinkle sesame seeds over mixture and serve.

BALSAMIC REDUCTION:

1. In a small saucepan, combine vinegar and sugar. Bring to a boil.
2. Reduce heat to medium-low, stirring occasionally and simmer 20 - 30 minutes.
3. Remove from heat and let the sauce thicken as it cools.

MEGAMASTER RECIPE TIPS



Serve on a bed of steamed rice to make the meal go further.



Add pineapple chunks for a tropical taste sensation.



For those who don't like Balsamic reduction, simply season with olive oil and freshly squeezed lemon juice.