



REDUCED CARBOHYDRATE MEAL

Chicken stir-fry

INGREDIENTS (1 serving)

- 370g (13oz) skinless chicken breast, sliced into 1cm strips
- 2 tsp Cajun spice
- 20g (0.6oz) coconut oil
- 80g (2.8oz) onion, sliced
- 1 garlic clove, grated
- 155g (5.5oz) red and green bell pepper, sliced
- 110g (3.9oz) broccoli, cut into small florets
- 30ml (1 fl. oz) low sodium soy sauce
- Cholula hot sauce – optional
- drizzle of honey
- 30g (1.1oz) sesame seeds

We all love being able to make tasty nutritious meals as fast as possible – and this one is no joke. This will become a family favorite – get stuck in and enjoy!

METHOD

In a mixing bowl mix the chicken with the Cajun spice and place to one side.

Melt the coconut oil in a wok or large frying pan over a medium to high heat. Add the onion, garlic, peppers and broccoli and stir-fry for 2-3 minutes or until the vegetables are just turning soft.

Increase the heat to a high heat and add the chicken along with any remaining Cajun seasoning then fry for a further 3-4 minutes or until the chicken is cooked. Check by slicing into one of the larger pieces to make sure the meat is white all the way through, with no raw pink bits left.

Finally stir through the soy sauce, hot sauce and honey. Give everything a good mix in the pan then serve your stir-fry topped with sesame seeds.