



HONEY SOY CHICKEN STIR FRY

ON RICE

DIFFICULTY: Easy | **SERVES:** 4 | **READY IN:** 35 minutes

This simple honey soy chicken stir fry is a great family meal. It features only basic ingredients yet still packs a flavour punch. Makes great leftovers for lunch too!



STIR FRY SAUCE

- 2 cloves garlic
- 1 tsp chicken stock powder dissolved in 1/2 cup boiling water (125ml)
- 1/4 cup soy sauce (60ml)
- 3 1/2 Tbsp honey
- 1 Tbsp sesame oil
- 2 tsp cornflour
- 1 red capsicum
- 1 carrot
- 1 courgette
- 1 brown onion
- 2 spring onions *optional*
- 1 Tbsp peanut oil
- 2 x 250g microwave pouches brown rice or brown rice and quinoa (2 x 8.8oz)
- 1 Tbsp sesame seeds

STIR FRY

- 600g chicken tenderloins or boneless, skinless chicken thighs (1lb 5oz)

1. MAKE STIR FRY SAUCE

Crush garlic. Place in a medium-sized bowl with the stock mixture, soy sauce, honey, sesame oil and cornflour. Whisk until well combined.

2. PREPARE STIR FRY INGREDIENTS

Dice chicken into 2cm / 0.8in pieces and season with salt and pepper. Dice capsicum, carrot and courgette. Slice onion into thin half rings. Thinly slice spring onions, if using.

3. COOK STIR FRY

Heat 1/2 tablespoon of the oil in a large wok or frying pan on high. Add the chicken and cook until browned all over and virtually cooked through (you may want to do this in two batches, to avoid overcrowding the pan). Remove onto a plate.

4. Add remaining 1/2 tablespoon oil to wok, then the capsicum, carrot, courgette and brown onion. Stir fry until tender (3-4 minutes). Return chicken to pan.

5. Reduce heat to medium-high, then pour the stir fry sauce over the chicken and veggies. Simmer for a couple of minutes, until sauce has thickened slightly. While sauce is simmering, microwave rice according to instructions on the packet.

6. SERVE

Divide rice between warmed serving bowls and top with stir fry. Sprinkle with spring onions, if using, and sesame seeds.



WINE MATCH: A Riesling.

HONEY SOY CHICKEN STIR FRY RECIPE NOTES

GLUTEN-FREE OPTION: Choose gluten-free stock powder and soy sauce. Make sure cornflour is gluten-free.

INGREDIENT SWAPS / NOTES: You could swap the rice for 350g / 12.3oz pre-cooked Singapore noodles, if you prefer. Add them into the stir fry at the same time as you add the sauce.

STORING AND REHEATING: Store individual portions in airtight containers in the fridge and reheat in the microwave. You can keep the rice separate if you don't want it to absorb the sauce.