

Chicken and Asparagus Stir Fry

(Serves 2)

Ingredients

- 1 bunch fresh asparagus
- 1 carrot (sliced)
- 4 Spring onions (chopped)
- Handful Shitake mushrooms
- 2 handfuls bean sprouts
- 1 red pepper (sliced)
- 2 – 3 tbsp sherry
- 3 tbsp plain flour
- 2 tbsp canola oil
- Shredded cooked chicken

Sauce

- 3 tbsp oyster sauce
- 1 tbsp fish sauce
- 2 tsp brown sugar
- 1 tsp chopped chilli

Method

- Heat 3 tbsp of oil in a shallow pan, toss in the asparagus and stir-fry for 1 minute
- Add 2 – 3 tbsp followed by carrots and mushrooms. Stir-fry for 1 - 2 minutes
- Add spring onions and red pepper. Stir fry for 1 minute
- Add bean sprout and all the sauce to the pan and continue to stir fry ensuring that all ingredients are mixed and fully coated in sauce
- Remove from the heat and immediately add the shredded cooked chicken. The chicken will warm through from the residual heat, there is no need to add back to the heat.
- Now serve and enjoy!

Per Serving:

Calories 443 kcal | Fat 25 g | Protein 4.5 g | Carbohydrate 25 g