



Chilli and lime chicken stir-fry

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No need to leave the comfort of your home for takeaways, this can be ready in minutes.

Ingredients:

- 4 chicken thigh cutlets, cut into bite-sized pieces
- 2 limes
- 3 Tbsp chilli sauce
- 2 tsp fish sauce
- 1 Tbsp oil
- 1 onion, sliced
- 500g (½ bag) frozen stir-fry mix
- 2 cups cabbage, bok choy, or silver beet
- 1 tsp sesame oil

Directions:

Place the chicken pieces in a bowl. Add the chilli sauce, fish sauce and the zest and juice of the limes and mix well.

Heat the oil in the wok, or large saucepan on a high heat. Caramelize the onions and then add in the chicken. Stir regularly and allow to brown all over. Add in half of the packet of stir-fry vegetables, and the cabbage, and toss to mix.

The stir-fry is ready when the chicken is white right through and the juices run clear, and the vegetables are almost soft (al dente). Stir in the sesame oil before removing from the heat.

Serve on a bed of brown rice, couscous or udon noodles.

Cook's tip:

Frozen fruit and vegetables are just as nutritious as fresh varieties because they are snap frozen to lock in their goodness. They are a great addition to your meal when you don't have a lot of fresh fruit and vegetables.