



Rainbow Chicken Stirfry

Ingredients

4x chicken breast fillets

1x onion

Salt and Pepper plus ½ tsp of dried ginger

2 tbsp olive/coconut oil or olive oil spray

4 tbsp Braggs Coconut Aminos or soy sauce

150 gm of Shiitake mushrooms

1 tsp crushed garlic fresh or ½ tsp powdered

1x pack of Rainbow Stirfry or Julienne prepared vegetables or cut your own selection of veg

Serve with either Basmati Rice or rice noodles

Instructions

- Prepare the chicken by slicing through the breast horizontally to create two thin pieces and then width ways across the breast so you have thin little strips.
- In a bowl add 2 tablespoons Braggs Coconut amino or soy sauce along with crushed garlic, mix and add chicken. Mix together well and allow to marinate while you prepare the rest.
- Either cook the Basmati rice (microwave method) or the rice noodles to serve with the dish. The noodles cook quite quickly. Quick tip: boil the kettle for instant hot water.
- Cut the onion in half and then into thin slices.
- Slice the mushrooms thinly.
- Make sure to use a big wide pan or wok to cook in. Add oil to pan and fry onions until translucent. If the oil is not enough add a little water and keep adding as needed instead of adding more oil, the water evaporates quite quickly.
- Add the mushrooms and keep stirring until they absorb the liquids. Add the other 2 tablespoons of Braggs Coconut Aminos or soy sauce. You can add more water if necessary. The liquid will keep reducing. Just a little at a time.
- Add the marinated chicken and stir until all chicken is browned (whitened), constantly stirring. You can turn the heat down to medium.
- Check on noodles or rice.
- Add the vegetables on top and another splash of water. Add a little salt, pepper and dried ginger to taste. You can also put a lid on for 1 minute just to steam the vegetables, then remove
- Keep stirring until vegetables are tender.
- You can either add your rice or rice noodles to the mix and stir through or serve separately.

This is such a quick and easy recipe and works really nicely for meal prep.

Serve with 2 eggs for breakfast or lunch. Great as leftovers!