

Chicken Stir Fry

By Food & Nutrition from Public Health Jersey



Food Labelling...

EU Label values per 100g

Serves 4

	PER 100G	%RI	PER 341G SERVING	%RI
Energy(Kj)	434 kJ	5%	1482 kJ	18%
Energy(kcal)	103 kcal	5%	352 kcal	18%
Fat	2.4 g	3%	8.2 g	12%
<i>of which saturates</i>	0.2 g	1%	0.8 g	4%
Carbohydrate	13 g	5%	43 g	17%
<i>of which sugars</i>	3.8 g	4%	13 g	14%
Fibre	2.1 g	8%	7.1 g	28%
Protein	6.7 g	13%	23 g	46%
Salt	0.2 g	3%	0.68 g	11%

CONTAINS:



Recipe Ingredients ...

Recipe Ingredients ...	Quantity:	Description:
Chicken, light meat, raw..	266g	2.49 small fillet
Rice, brown, wholegrain, raw..	160g	3.2/4 cup
Water, tap, drinking..	242g	1.21x Average glass
Onions, red, raw..	100g	0.85 small onion
Ginger, fresh..	20g	4x Average Portion
Broccoli..	200g	2.5x Large portion
Peppers, bell, raw, mixed..	200g	4.44x in a wrap/sandwich
Carrots, old, raw..	134g	2 NHS serving (1 medium carrot)
Spring onions, bulbs and tops, raw..	44g	4x Average Portion
Mangetout..	130g	1.63x Per pack
Peppers, capsicum, chilli, red, raw..	20g	1 average pepper
Cumin powder..	1g	1/2 teaspoon

Soy sauce, reduced salt/sodium..	18g	1 tablespoon
Worcestershire sauce..	6g	1x Average Portion
Oil, rapeseed..	25.2g	2 tablespoon
Pineapple, canned in juice, whole contents..	141g	3 ring slice with juice

Cooking Instructions & Notes

1. Cook the wholemeal rice following the instructions on the bag.
2. Finely shred the chicken, place in a suitable container and place in the fridge.
3. Peel two carrots and finely slice in julienne. Julienne the peppers, peel and finely diced the ginger, peel and finely slice the onion. Wash the broccoli and mangetout peas, finely chop the chilli. Open the pineapple chunks, drain and keep the liquid. To the liquid, add Worcestershire sauce and reduced salt soya sauce.
4. In a wok, add rapeseed oil, when sizzling, add the shredded chicken, add cumin, season and cook through, remove chicken, place in a bowl and cover. Wipe the wok, return to the heat, add rapeseed oil, stir fry the broccoli first, add the rest of vegetables, stir fry keeping the vegetables crunchy, return chicken to the wok.
5. Making sure that the chicken is mixed well with the vegetables.
6. Add the soy sauce mix, stirring in.
7. Add the chopped spring onions.
8. Serve immediately with the cooked drained rice on the side.