

Chicken Stir Fry

Serves 4

This easy chicken stir fry is loaded with veg and the sauce is delicious made with honey, soy sauce and sesame oil. If allergic to sesame oil try peanut oil as this has a nutty taste too. If allergic to nuts just leave it out! Make sure you have all the ingredients near you so you don't have to keep running to cupboards!!

- 4 chicken breasts chopped into bite sized pieces
- Salt and Pepper
- 2tbls olive oil
- 1 medium brocolli head cut into small florets
- 1 red pepper cut into chunks
- 4 carrots cut into matchsticks
- 2 tsp fresh grated ginger
- 2 garlic cloves - minced
- See below for the sauce

For the sauce...

- 1 tbsp cornflour mixed with 2 tbsp cold water
- 50ml chicken stock (dissolve 1/4 stock cube in 50ml hot water if not using fresh stock)
- 3 tbsp soy sauce (gluten free if needs be)
- 85g honey
- 1tbsp tosted sesame oil