

Mushroom, Chicken & Asian Green Stir-Fry

Serves 4

400g chicken breast fillet, trimmed

3 tsp fish sauce

1 tsp brown sugar

1 red chilli, finely chopped

1 lime, juiced

Olive oil cooking spray

400g button mushrooms, trimmed

1 bunch broccolini, trimmed, roughly chopped

100g snow peas, trimmed, shredded

1 cup fresh Thai basil leaves

Cooked jasmine rice, to serve

1. Thinly slice the chicken across the grain. Combine the fish sauce, brown sugar, chilli and lime juice in a bowl. Add the chicken and toss well to coat.

Cover and refrigerate for 20 minutes, if time permits.

2. Heat a wok over high heat until hot. Spray wok lightly with oil. Add one-third of the chicken and stir-fry for 2 minutes or until golden. Remove to a plate and repeat twice with oil and remaining chicken.
3. Heat the wok until hot. Spray the mushrooms with oil then add to the hot wok. Stir-fry for 2-3 minutes until light golden. Add the broccolini, stir-fry for 1 minute then add the snow peas and return the chicken. Stir-fry for 1 minute. Remove from heat, add the basil, toss to combine and serve over rice.

