



READY TO COOK
BY HARRIS FARM

CREATE THIS MEAL WITH...

DAVE'S RECIPE BOX

CHICKEN STIR FRY WITH BLACK BEAN SAUCE AND JASMINE RICE



PREP
10 min



COOK
25 min



SERVES
4

INGREDIENTS:

- > 2 Cups Jasmine Rice
- > 1 Red Capsicum
- > 500-750g Chicken Thighs
- > 120ml Black Bean Sauce
- > 2 Broccolini Bunch
- > ½ Bunch Coriander

WHAT YOU'LL NEED FROM YOUR PANTRY:

- > Cooking Oil
- > Salt and Pepper

METHOD – GET COOKING!



1 Cook rice as per packet instructions.

Cut the **capsicum into** medium size **squares**. Cut the **bottom ends off** the **broccolini**. Wash and **finely chop** the **coriander**, including the stems, **reserve some** leaves for **garnishing**.

Cut the **chicken into** 1cm **slices** and **place into** a **mixing bowl**. **Drizzle chicken with** 2 Tbsp of the **black bean sauce** and **set aside**.

2 Bring a large **frying pan** or **wok to a high heat** and **drizzle some cooking oil**. Add the **red capsicum** and **cook** for 3 minutes, **remove and set aside**. Add the **broccolini** to the pan and **cook** for 3-4 minutes **until golden**. **Remove and set aside**.

3 In the same **frying pan** on a high heat, **drizzle more cooking oil** and **sear the chicken** for approximately 5 minutes **until golden**. Add the **veggies back** to the pan. Add $\frac{1}{2}$ a jar of the **black bean sauce**, $\frac{1}{4}$ cup of **water**, **stir well** and **bring to the boil**. Then **turn heat down** to a low, **sprinkle some coriander** and **simmer** for 10 minutes.

4 **Serve chicken and veggies stir fry with jasmine rice**. **Garnish with fresh coriander leaves**.

CHEF'S TIPS FOR COOKING AND LEFTOVER...

- Use leftover black bean sauce in any other vegetable or meat stir fry.
- Feel free to add some chilli of any kind, fresh, oil or sauce to add flavour.
- Squeeze some lemon juice for extra freshness.

For more recipe ideas, check out our website: <https://www.harrisfarm.com.au/recipes>



FEEDBACK OR QUESTIONS?

Shoot us an email at:
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