

# CHICKEN STIR-FRY

**PREP TIME**  
20 MINS

**TOTAL TIME**  
30 MINS

**YIELD**  
4 SERVINGS

Heat wok.

Add oil, making sure the wok is well coated. Add the meat, garlic, ginger, and soy sauce. Once the meat is browned, add onions until cooked.

Add all the rest of the vegetables and cover with sauce. Stir well, then let sit on medium heat for 2 to 3 minutes. Cook until vegetables reach desired firmness.

Serve on accompaniment of choice (rice, quinoa, noodles, etc).

## INGREDIENTS

- Fresh ginger, grated
- Fresh garlic, crushed
- Oil
- Meat of choice (chicken, prawns, beef, etc)
- Sauce of choice (oyster sauce, Thai sauce, teriyaki, peanut sauce, etc)
- Splash of soy sauce
- 1 onion
- Vegetables of choice

