

# Honey Soy Chicken Stir-fry



**Serves:** 20

**Prep Time:** 30 minutes

**Cook Time:** 20 minutes

## Ingredients

- 4 tbsp vegetable oil
- 2.2kg chicken breast, diced
- 7 zucchinis, diced into 2cm pieces
- 2 red capsicums, diced into 2cm pieces
- 500g green beans, sliced into 2cm pieces
- 5 spring onions, sliced
- 2 tbsp minced ginger
- 1 cup chicken stock
- 300mL reduced salt soy sauce
- 250mL honey
- 2 tbsp corn flour

## Method

1. Heat 2 tbsp oil in a large frypan over medium heat.
2. Add half the chicken to the pan and cook until browned, remove from pan. Heat remaining 2 tbsp oil and cook the remaining chicken. Remove from pan.
3. Add the zucchini, capsicum, beans, spring onions and ginger to the pan and cook for a few minutes until softened. Add the chicken back into the pan.
4. In a small bowl combine the stock, soy sauce, and honey.
5. In a small bowl combine the corn flour with ½ cup water.
6. Pour sauce over chicken and vegetables and stir fry for 30 seconds.
7. Add the corn flour and stir through, bringing sauce to a simmer. Cook until sauce has thickened.
8. Serve with steamed rice.

### Dietitian's notes:

For a vegetarian alternative, swap chicken for tofu. Use vegetables that are in season. Other vegetables that could be included are broccoli, carrot, yellow squash, snow peas or mushrooms.

Food Group	Serves provided per portion
Vegetables	2
Fruit	0
Grains	0
Lean meat and alternatives	1.1
Milk, yoghurt, and cheese	0