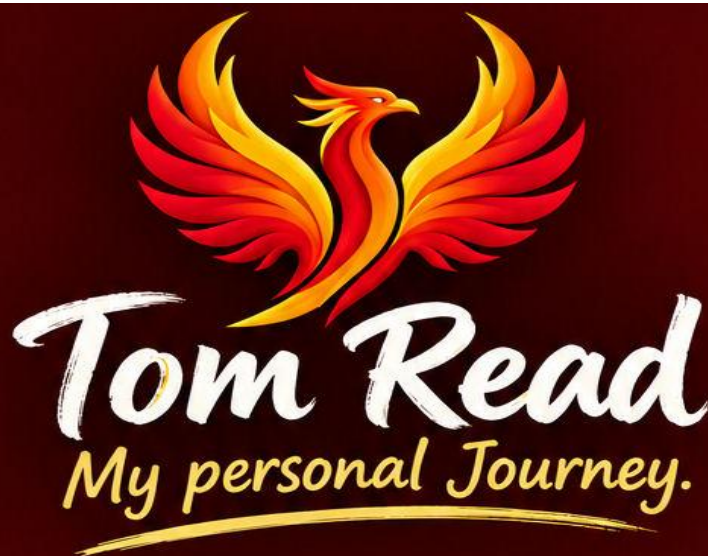




Fried Chicken & Mushroom

(With Onions & Beansprouts)

Ingredients

- 2 large skinless chicken breasts, cut into thin strips
- 200g mushrooms (Roughly Diced)
- 1 large onion, (Roughly Diced)
- Beansprouts
- Spring onions
- 2 Tsp Lazy Garlic paste
- Low-calorie cooking spray (such as Frylight)
- 2tbsp dark soy sauce
- 2tbsp light soy sauce
- 2 tbsp rice vinegar (or white wine vinegar)
- 3 tbsp water
- Salt
- Black pepper

Cooking Instructions

1. **Sear the chicken:** Place a large wok or non-stick frying pan over high heat and spray generously with low-calorie cooking spray. Add the chicken strips and stir-fry for 4–5 minutes adding a little salt & black pepper, until browned and completely cooked through. Remove the chicken from the pan and set aside on a plate to keep it tender.
2. Give the wok another good spray of low-calorie cooking spray. Toss in the onions and mushrooms, Add salt & black pepper, Stir-fry on medium-high heat for 3–4 minutes until the onions begin to soften and the mushrooms start to brown.
3. Add the garlic paste, stirring constantly for about 1 minute until fragrant.
4. Return the cooked chicken back into the wok with the vegetables. Add the light & dark soy sauce. Add the white wine vinegar & Worcestershire sauce, Toss well and stir-fry for a couple of minutes until everything is piping hot and coated in the liquid.
5. Add the Beansprouts for the last few minutes and keep stirring.

If it looks like drying out to quick just add a splash of water

Serve with plain boiled rice & garnish with finely chopped Spring Onions

Total Syns = 0