



CHICKEN & PEPPER STIR FRY

Serves 2

Ingredients

- 2-3 tablespoons vegetable oil
- 1-2 cloves of garlic
- Packet of quorn chicken pieces
- 1/2 red pepper
- 1/2 green pepper
- 2 spring onions
- 1-3 teaspoons soy sauce (to taste)
- 4 tablespoons water
- 2-3 tablespoons orange juice
- 1 teaspoon ground ginger (optional)

Method

1. Crush the garlic
2. Slice peppers and onion
3. Chop the chicken into small pieces
4. Fry garlic and chicken over a medium heat, stirring constantly
5. Add peppers and onions and fry for a further minute
6. Add soy sauce, water, juice and ginger
7. Cook over medium heat for a further 3-4 minutes
8. Serve on noodles or rice. Cook noodles or rice according to instructions on packet (half a mug or 125g rice will feed two people)

