

LIFE'S KITCHEN

— ◆ —
A LOVE OF FOOD &
A SENSE OF OCCASION

RECIPE OF THE MONTH - JANUARY 2017

HEALTHY CHICKEN & BRUSSEL SPROUT STIR-FRY

Serves 2

Something healthy and different for those cold winter nights and a great way to use those sprouts!



INGREDIENTS

100g soba noodle
100g shredded curly kale
1 x red onion (sliced)
1 x clove garlic (chopped)
2 tsp sesame oil
2 lean chicken breast, skin removed
and sliced into thin strips
25g piece fresh ginger (peeled
and sliced into matchsticks)
1 red pepper (de-seeded and thinly sliced)
Handful of brussel sprouts
(cut into quarters)
1 tbsp low-sodium soy sauce
2 tbsp rice wine or white wine vinegar
zest and juice of one lime
Small bunch of coriander

METHOD

Cook the noodles following pack instructions, then drain and set aside. Meanwhile, heat a large wok or frying pan and add the kale along with a good splash of water and cook for 1-2 mins until wilted, with a little bite remaining, then cool under running water to keep the colour.

Add half the oil and cook the chicken strips until browned, then remove and set aside. Heat the remaining oil and fry the garlic, ginger, pepper, onions and sprouts until softened a little. Return the chicken and kale and add the noodles.

Tip in the soy, rice wine and lime zest and juice along with enough water to create a sauce that clings to the ingredients

To serve:

Divide the stir-fry between 2 bowls, sprinkle with some coriander, and enjoy!