

Chicken Stir-fry



Ingredients

- 500grams chicken fillet cut into strips
- 1 red, yellow, green pepper slices thinly
- Any vegetables can be used (corn, mushrooms, cabbage etc.)
- 4 tablespoons of bbq or sweet chillie source
- 2 tablespoons mild madras masala
- 1 tablespoon oil

Method

- Add chicken to a dish
- Add the mild madras masala to the chicken
- Marinate for about 15/20 min (whilst preparing the veg)
- Add oil to pan
- Add chicken to hot oil (be careful that oil does not splash)
- Allow to fry for 8 minutes
- Add all veg including your chilli or bbq sauce
- Allow to cook for a further 6/8 minutes
- Ready to eat with wraps, boiled rice or noodles

