

Chicken, veggie & lemon stir fry

150ml chicken stock (made with one organic stock cube)
1 tbsp soy sauce or tamari
2 tsps rice flour
2 tsps cold water
2 tsps coconut oil
50g button mushrooms, sliced
3 spring onions, sliced
80g asparagus spears, cut into 3-4 pieces
2 cloves garlic, finely chopped
1 tsp fresh ginger, peeled and finely chopped
500g chicken breast, diced
a pinch of ground black pepper
a pinch of sea salt
2 tsps fresh lemon juice

Serves 3

Per serving:
334 calories
10g fat
6g carbs
55g protein

Mix the chicken stock and soy sauce in a jug.

Mix the rice flour and water in a small bowl.

Heat half of the oil in a wok or frying pan over a medium/high heat. Add the asparagus, mushrooms and spring onions and stir-fry for 3 minutes.

Add the garlic and ginger and stir-fry for 1 minute. Transfer the contents of the wok to a plate and set aside.

Add the remaining oil to the wok and place back over a medium heat. Add the chicken and season with salt and pepper. Stir-fry for 3-4 minutes on each side. Transfer the chicken to the plate with the cooked vegetables and set aside.

Pour the stock into the wok. Simmer over a medium heat for 2 minutes.

Add the lemon juice and rice flour. Stir well and simmer for 30 seconds.

Add the chicken and vegetables back into the wok. Stir and heat through.

Serve.

Suggestion: Serve on a bed of steamed rice.

Store any leftover chicken and sauce in an airtight container and refrigerate for up to 2 days.