

healthy body



healthy mind

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Chicken/ Beef Stir Fry with Pak Choi & Oyster Sauce

1 Onion
1 Carrot
1 Pak choi
Handful of mange tout
2 cubed Chicken breasts or a couple of beef frying steaks
Bottle of Blue dragon oyster sauce

Method

Start by slicing the onion and carrots. Now transfer to a hot pan with a splash of olive oil. Allow to cook and soften before adding the chicken.

When the chicken has turned white and starting to brown pour in the oyster sauce, around 2-3 tbsp. Once this has started to bubble up then you can toss in the mange tout followed by the pak choi. Stir fry for around 3-4mins or until chicken is cooked through and serve.

If using beef I would season and sear the steaks in the pan first then remove and rest, slicing and adding once the veg and oyster sauce has been added. This way the steak doesn't get over cooked.

Chilli, bean sprouts and rice noodles can be added to this dish to bulk it out. Tastes great hot or cold.