



# Chicken Stir Fry

## Recipe Information

Serves: 4-6

Time to make: 20 minutes

## Method

1. Cut chicken thighs into strips.
2. Add oil to frying pan, bring to medium-high heat and add chicken, onion and garlic.
3. Cook for 2-3 minutes or until chicken is browned.
4. Add vegetables to pan and stir quickly for 3-5 minutes or until vegetables are cooked.
5. Add soy sauce and stir through until chicken is cooked.
6. Serve with rice.



Fast family feeds

## Ingredients

500g chicken thigh fillets  
1/2 cup frozen onions  
1 teaspoon minced garlic  
500g frozen stir fry vegetables, thawed  
2 tablespoons soy sauce  
1-2 teaspoons oil  
Cooked rice

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3. Cook for 2-3 minutes or until chicken is browned.



4. Add vegetables and stir quickly for 3-5 minutes until vegetables are cooked.



5. Add soy sauce and stir through until chicken is cooked.



6. Serve with rice.

### Tips and Options

- You can also use beef, pork or kangaroo.
- You can use fresh vegetables too, if you have them.

...**Which Way**...  
The good tucker way