

Five Spice Chicken with Greens

Calories: 12 kcal

Servings: 2

Time: 20 Mins

Ingredients

- 100.00 g Broccolini (cut into 3cm lengths)
- 240.00 g Chicken Breast (cut into 3cm pieces)
- 3.00 tsp Five Spice Powder
- 1.00 clove Garlic (crushed)
- 2.00 tbsp Peanut Oil
- 1.00 pod Red Chilli (fresh, sliced thinly)
- 60.00 g Snow Peas (trimmed)
- 10.00 ml Soy Sauce
- 2.00 tbsp Water

Instructions

1. Coat chicken in five spice powder.
2. Heat half the oil in wok and stir fry chicken in batches until browned lightly, then remove from wok.
3. Heat remaining oil in wok and stir fry broccolini and garlic until fragrant, add peas, water, sauce and chilli, stir fry until broccolini is tender.
4. Return chicken to wok with chilli and stir fry until heated through. Season to taste. then serve hot.