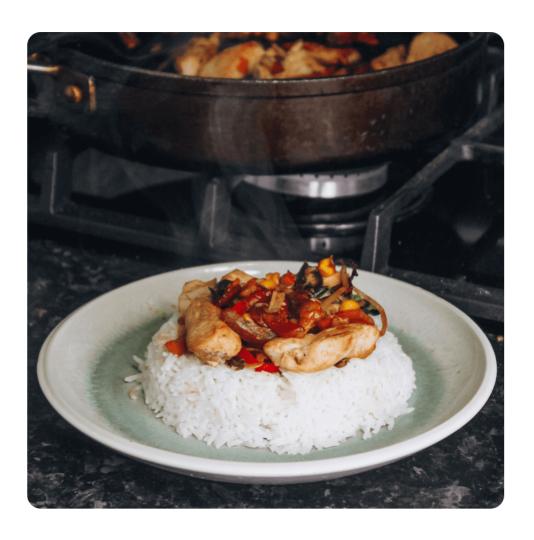
Honey, Garlic & Soy Chicken Stir Fry



Ingredients

- 500g chicken breasts
- 3 garlic cloves, crushed
 - 1 tbsp oil
 - 3 tbsp soy sauce
 - 2 tbsp honey
 - Bag of stir fry veg
 - 300g rice

Methods

- Heat the oil in a wok or large frying pan, fry the chicken for a couple of minutes, stir all the time.
- 2. Add the garlic and toss, now add the soy and honey. Stir to coat all the meat, cook for another couple of minutes until the sauce reduces slightly.
- 3. Add in the veg and stir fry 2-3 minutes. You want the veg crispy not soggy.
 - 4. Cook the rice as per the packet instructions.
 - **5.** Serve over the rice.