

# 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

1. 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.