

# 15min EASY MEALS: CHICKEN & VEG STIR FRY



3 Cloves of  
garlic



1 Tsp soy  
sauce



2 TBS tomato  
purée



2 Chicken  
breasts, sliced



½ Head of  
broccoli



3 Carrots, cut  
into sticks



2 Tsp of  
oil



½ Cup brown  
rice, cooked

Mix together the garlic, soy sauce and tomato purée. Then add the chicken and leave it to marinate while you prep the rest of the ingredients.

Heat the oil in a pan, tip in the chicken and its marinade, then stir-fry for 4-5 mins until cooked.

Toss in the vegetables, and stir fry for another few minutes.

Add the rice and mix together. Enjoy!



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