



Chicken & Veggie Stir Fry



SERVINGS: 1

PREP TIME: 10 MINUTES

COOKING TIME: 20 MINUTES

INGREDIENTS

- 1 palm-sized Chicken Breast
- A handful Broccoli florets
- A small handful Red Bell Pepper, chopped
- A small handful Zucchini, chopped
- 1 tbsp Avocado Oil
- 1/4 tsp Garlic Powder
- A pinch of Smoked Paprika
- A dash of Black Pepper
- 1/2 tbsp Fresh Basil, chopped
- A splash of Soy Sauce
- A splash of Balsamic Vinegar

DIRECTIONS

1. Add a dash of oil to a wok or pan on high heat until chicken is white.
2. Toss chicken and vegetables with avocado oil, garlic powder, paprika, salt, and pepper.
3. Put all ingredients back in the pan on a medium heat.
4. Top with fresh basil and serve with a dash of soy sauce and balsamic vinegar.

NOTES

1. Protein swap: You can swap the chicken for turkey, prawns, scallops, lean beef, tofu, etc.

AVERAGE NUTRITION INFO

Energy : 1393 kJ / 333 Cal

Fat : 18 g

Carbs : 8 g

Protein : 34 g

Fibre : 2 g

Sugar : 4 g

@Coachjenbrockwell

Jenbrockwell.com