



Asparagus & Chicken Stir Fry

SERVES 4

INGREDIENTS

2 tsp olive oil
1 onion, cut into thin wedges
480g chicken thigh fillets, cut into thin strips
1 garlic clove, crushed
1 tbs grated ginger
2 bunches asparagus, trimmed
and sliced diagonally into 2cm pieces
1 large red pepper, cut into thin strips
2 tbs fresh basil leaves
1 tbs lime juice
Freshly cracked black pepper

METHOD

1. Heat the oil in a large wok or frying pan over high heat. Add the onion and stir fry for 1 minute then remove and set aside. Add the chicken strips to the wok and stir fry for 3-4 minutes or until just cooked.
2. Add the garlic, ginger and vegetables and continue to cook, stirring for 2-3 minutes or until vegetables are tender. Toss through the basil, lime juice and pepper.

