



Maggi Lazenby Stir Fry

Ingredients

- 2 tbsp Vegetable oil
- 450 g Chicken, Broiler Or Fryers, Breast, Skinless, Boneless, Meat Only, Raw
- 1 Medium Onions, Raw
- 2 Mediums Peppers, Sweet, Red, Raw
- 2 Mediums Carrots, Raw
- 14 g Garlic, Raw
- 11 g Ginger Root, Raw
- 2 Mediums Carrots, Raw
- 1 cup Peas, green, raw
- 0.25 cup MAGGI Lazenby Worcester Sauce
- 2 tbsp Sauce, oyster, ready-to-serve
- 2 cups Broccoli, raw
- 0.9 g Pepper Flakes, Red
- 1 tbsp Honey
- 0.3 g Seeds, sesame butter, paste
- 0.5 tsp Salt and black pepper

Instruction

1. 1. In a large skillet or wok, heat the vegetable oil over medium-high heat.
2. 2. Add the sliced chicken breasts to the wok/frying pan and cook for 5-6 minutes until browned and cooked through. Remove the chicken from the wok/frying pan and set it aside.
3. 3. In the same wok/ frying pan, add the onion, bell peppers, and carrots. Stir-fry for 3-4 minutes until the vegetables start to soften.
4. 4. Add the minced garlic and grated ginger to the wok/pan and cook for an additional 1 minute, stirring constantly.
5. 5. Add the broccoli florets and snap peas to the wok/pan. Stir-fry for another 3-4 minutes until the vegetables are tender-crisp.
6. 6. In a small bowl, whisk together the Maggi Lazenby, oyster sauce, rice vinegar, honey or maple syrup, and red pepper flakes (if using).
7. 7. Pour the sauce over the vegetables in the skillet and stir to coat evenly. Cook for 1-2 minutes until the sauce thickens slightly.
8. 8. Return the cooked chicken to the skillet and toss everything together to combine. Cook for another minute to heat the chicken through.
9. 9. Season with salt and pepper to taste. If desired, sprinkle sesame seeds over the stir fry for garnish.
10. 10. Remove from heat and serve the Maggi Lazenby stir fry hot. You can enjoy it on its own or serve it with cooked rice or noodles.

Nutrition

🕒 24 Minutes

Carbohydrates	30.06 g
Energy	365.24 kcal
Fats	10.75 g
Protein	30.7 g

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