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*by ewfood*

## Chicken Stir Fry

## Ingredients

2 chicken breasts, cubed  
oil for frying  
½ onion thinly sliced  
2 garlic cloves, minced  
6 oz. broccoli  
6 oz. sliced mushrooms  
2 carrots diced  
3 oz. green beans, diced  
6 oz. bok choy, chopped  
a dash of soy sauce  
black pepper to taste

## Cooks Note

Heat the oil in a pan; add the onions and chicken and sauté until the chicken is cooked through; add the remaining vegetables and stir fry until the vegetables are softened; add soy sauce and black pepper to taste.

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