

Less than 30 minutes

Serves 4

Share with friends

Share on facebook

Share on twitter

Share on pinterest

Share on whatsapp

Share on email

Ingredients:

- 2 Tbsp (30ml) olive oil blend or canola oil
- Salt and milled pepper
- 4 (about 700g) skinless chicken breasts
- 3 Tbsp (45ml) each honey, soy sauce and oyster sauce
- ¼ head red or green cabbage
- 1 packet (about 300g) broccoli stems, asparagus or fine beans
- 1 packet (300g) brown mushrooms, sliced
- 1 packet (125g) fresh sugar snap peas (or frozen peas work too)
- Sliced spring onion, for serving (optional)

Method:

1. Heat half the oil in a pan until smoking hot.
2. Season chicken breasts and fry 3-4 minutes per side.
3. Reduce heat to medium, add a splash of water and cover for 3-4 minutes.
4. Combine honey, soy sauce and oyster sauce, and add to the pan, coating chicken.
5. Remove from heat and allow residual heat to keep cooking chicken.
6. Heat remaining oil in another pan and stir-fry vegetables in batches for 2 minutes.
7. Serve vegetables topped with chicken and a scattering of spring onion.