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
- $\frac{1}{4}$  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.