



CHLOË BOWLER
complete wellbeing

CHICKEN STIR FRY



Ingredients (Serves 2):

1. 2 Chicken Breasts
2. 1 Red Pepper
3. 100g Green Beans
4. 3cm cube Root Ginger
5. 1 Garlic Clove
6. 3 Spring Onions
7. 20ml Soy Sauce

Method:

1. Heat some vegetable oil in a pan and add the chopped garlic and ginger.
2. Add the chopped up chicken breast and stir until cooked through.
3. Add the chopped beans, red pepper and spring onions.
4. Season well, add the soy sauce and stir through to sere.

CHLOEBOWLER.COM