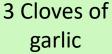


## 15min EASY MEALS: CHICKEN & VEG STIR FRY







1 Tsp soy



2 TBS tomato





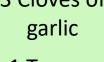
½ Head of



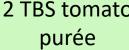
3 Carrots, cut

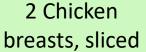


½ Cup brown rice, cooked

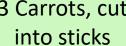


sauce

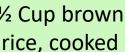


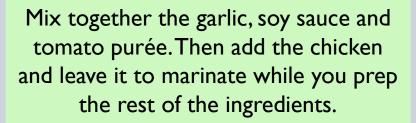






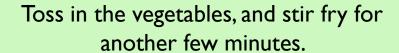








Heat the oil in a pan, tip in the chicken and its marinade, then stir-fry for 4-5 mins until cooked.



Add the rice and mix together. Enjoy!



R. Moore RD (SA) Z. Simjee RD (SA) National Teams' Dieticians





