

Oriental Chicken Stir Fry:



2 slice chicken fillets

1 chopped onion and 1 crushed clove of garlic

Slice mixed peppers

Preferred vegetables broccoli grated carrot etc..

1 teaspoon of Chinese five spice

Tablespoon of low salt soy sauce

1 packet of whole grain or white egg noodles

Fry off chicken in coconut oil for 3 - 4 minutes, add garlic, onion and peppers and cook for further 2 minutes, add veg of your choice, soy sauce and noodles and cook for further 2 - 3 minutes and serve.