

# Stir Fry

## Let's Make a Healthy Stir Fry!



Chicken pieces

Stir fry vegetables

Bean sprouts

Mushrooms

Peppers

Soy sauce

Oil for frying

Crushed Ginger & Garlic

- Fry chicken until cooked through
- Add the rest of the ingredients
- including the Soy Sauce and Garlic and Ginger paste
  - fry for a further 5-10 mins
  - serve and eat ... yum