

Thai Chicken Stir Fry



DIETARY:
Nut Free

MAKING THIS RECIPE

Ingredients

4 tsp [Thai Seasoning Blend](#)
1 large brown onion, sliced
1 large bell pepper, diced
200g tenderstem broccoli
3 garlic cloves, finely sliced
1 green chilli, finely sliced
2 shallots, sliced
4 spring onion stalks, sliced
300g diced chicken breast
280g tofu sliced into strips
Cooking oil
Salt
[Pepper](#)

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Method

Step 1:

On a medium heat, lightly fry tofu slices with a generous spread of oil until golden brown.

Step 2:

In a wok on a medium heat, lightly fry the onions, chilli, shallots and garlic until lightly browned.

Step 3:

Add the peppers and stir fry for a further five minutes.

Step 4:

Add diced chicken and stir fry until chicken is cooked through.

Step 5:

Add broccoli and stir fry until soft.

Step 6:

Add the tofu.

Step 7:

Add the Thai Seasoning Blend and mix until evenly coated. Add salt and pepper to taste.

Serve with rice and spring rolls.

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