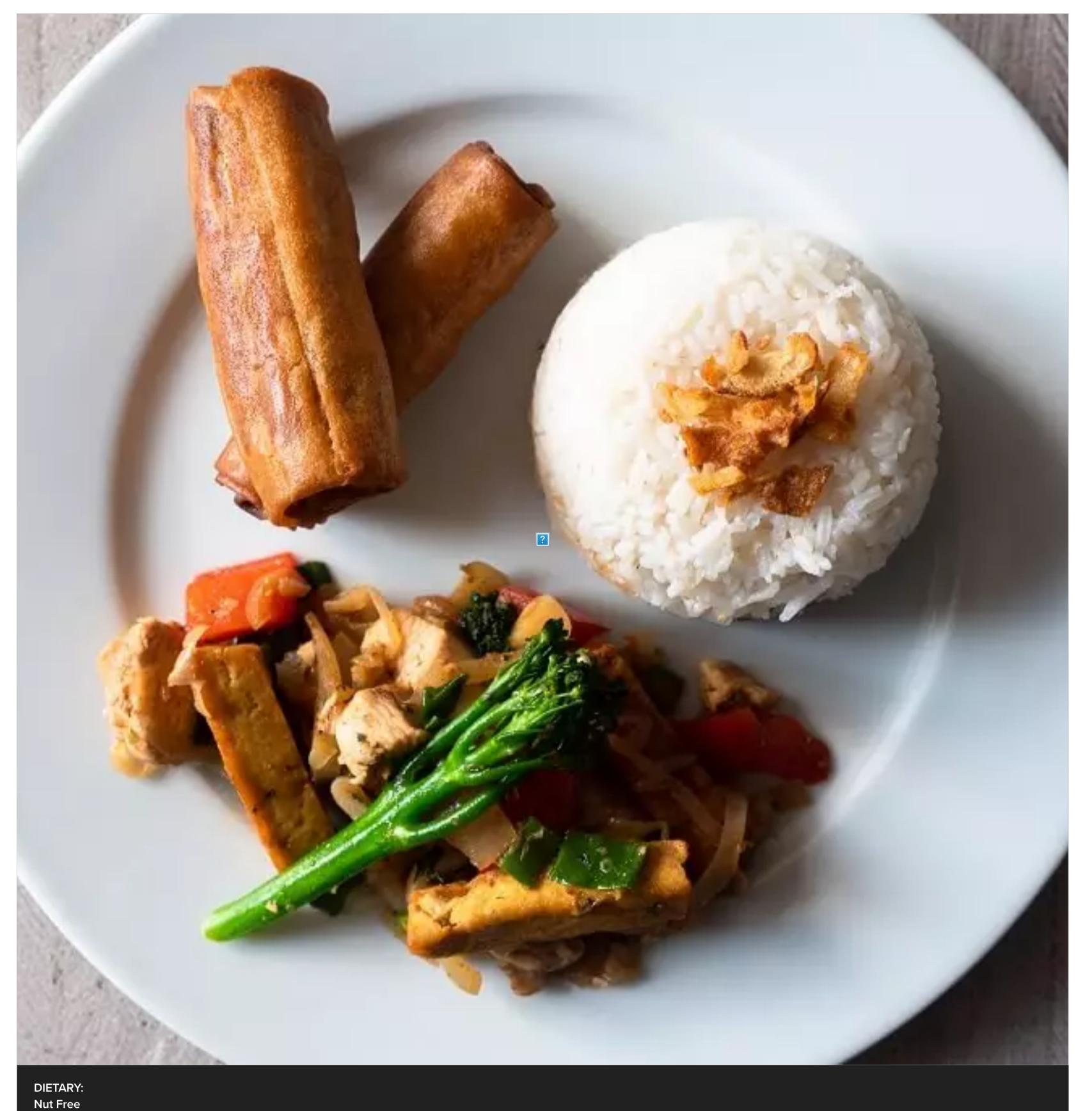
Thai Chicken Stir Fry

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MAKING THIS RECIPE

Ingredients

4 tsp Thai Seasoning Blend

1 large brown onion, sliced1 large bell pepper, diced200g tenderstem broccoli

3 garlic cloves, finely sliced1 green chilli, finely sliced2 shallots, sliced4 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.

Buy the ingredients for this recipe



