Chilli & Lemongrass Chicken Stir Fry
RECIPE

Chilli & Lemongrass Chicken Stir Fry



TIME	20 mins
INGREDIENTS	9 items
MAKES	2 servings

Add some spice and fragrance to dinner with this Chilli and Lemongrass Stir Fry.

INGREDIENTS

- Ben's Original™ Thai Sweet Chilli Microwave Rice 220g
- 1tbsp Sunflower Oil
- 2 Chicken Breasts, chopped
- 1 Pepper, chopped
- 1 Carrot, chopped
- 50g Frozen Peas
- 2 Spring Onions, sliced
- 1tbsp Soy Sauce
- 1tbsp Sweet Chilli Sauce

INSTRUCTION

1. Heat the oil in a wok on a high heat. When hot, add the chicken breast and stir fry

until golden. Turn the heat down to medium and add the garlic, chilli, lemongrass and ginger to the pan. Fry for 1 minute.
2. Add the peppers to the pan and cook for 2-3 minutes, followed by the spring onion, soy and lime juice. Mix well until heated through.
3. Heat the Ben's Original™ rice according to pack instructions. Serve into bowls and top with the stir fry.

NUTRITION

Amount Per Serving

- Carbohydrates (g) 45.6
- Cholesterol(mg) 65
- Dietary Fiber (g) 2.5
- Energy (kJ) 1483
- Protein (g) 27.7
- Sugars (g) 4.6
- Total Fat (g) 5.8
- Saturated Fat (g) 0.3
- Salt(g) 1.28
- Sodium (mg) 512
- Trans Fat(g) 0

Categories:

Chicken, Thai Sweet Chelli, 15 - 30 MIN, Stove Top, Food of the World, Easy family dinners.

MORE RECIPES LIKE THIS



Chicken Fried Rice

Cooking time

20 mins

Ingredients

9 items

Korean Bibimbap

Cooking time

40 mins

Ingredients

17 items



Sweet and Sour Chicken

Cooking time

25 mins

Ingredients

16 items

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