

Chicken and Asparagus Stir Fry



(Serves 2)

Ingredients

- 1 bunch fresh asparagus
- 1 carrot (sliced)
- 4 Spring onions (chopped)
- Handful Shitake mushrooms
- 2 handfuls bean sprouts
- 1 red pepper (sliced)
- 2 – 3 tbsp sherry
- 3 tbsp plain flour
- 2 tbsp canola oil
- Shredded cooked chicken

Sauce

- 3 tbsp oyster sauce
- 1 tbsp fish sauce
- 2 tsp brown sugar
- 1 tsp chopped chilli

Method

- Heat 3 tbsp of oil in a shallow pan, toss in the asparagus and stir-fry for 1 minute
- Add 2 – 3 tbsp followed by carrots and mushrooms. Stir-fry for 1 - 2 minutes
- Add spring onions and red pepper. Stir fry for 1 minute
- Add bean sprout and all the sauce to the pan and continue to stir fry ensuring that all ingredients are mixed and fully coated in sauce
- Remove from the heat and immediately add the shredded cooked chicken. The chicken will warm through from the residual heat, there is no need to add back to the heat.

Per Serving:

Calories 443 kcal
Fat 25 g
Protein 4.5 g
Carbohydrate 25 g



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