



Spicy chicken & veg stir-fry



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



412 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 400 g vegetable mixed green
- ☐ 1 tbsp unrefined sunflower oil
- ☐ 4 chicken breasts skinless sliced
- ☐ 1 chilli red sliced
- ☐ 120 g sachet stir-fry oyster sauce blue (we used Dragon, or make your own (see below))
- ☐ 1 tbsp soya sauce
- ☐ 25 g cashew toasted
- ☐ 1 bunch spring onion sliced

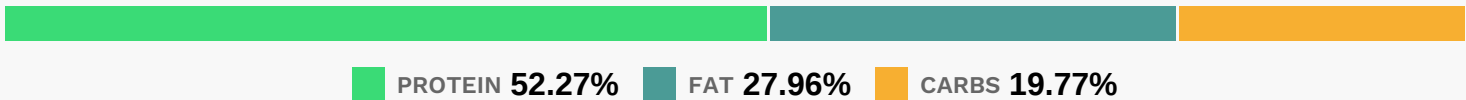
Equipment

- ☐ frying pan
- ☐ wok

Directions

- ☐ Bring a pan of salted water to the boil, cook the green vegetables for 2 mins only, then drain.
- ☐ Heat the oil in a large frying pan or wok, then fry the chicken slices for 4 mins until almost cooked.
- ☐ Add the drained green veg, chilli, stir-fry sauce and soy sauce. Stir-fry briefly to heat everything through and to finish cooking the chicken.
- ☐ Mix in the cashews and spring onions, then serve.

Nutrition Facts



Properties

Glycemic Index:40.55, Glycemic Load:5.17, Inflammation Score:-10, Nutrition Score:33.715217538502%

Flavonoids

Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 411.56kcal (20.58%), Fat: 12.75g (19.62%), Saturated Fat: 2.23g (13.94%), Carbohydrates: 20.3g (6.77%), Net Carbohydrates: 15.64g (5.69%), Sugar: 1.18g (1.31%), Cholesterol: 144.64mg (48.21%), Sodium: 1382.25mg (60.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 53.65g (107.29%), Vitamin B3: 25.68mg (128.4%), Selenium: 75.41µg (107.73%), Vitamin A: 5312.72IU (106.25%), Vitamin B6: 1.89mg (94.46%), Phosphorus: 590.17mg (59.02%), Vitamin C: 30.47mg (36.93%), Vitamin B5: 3.49mg (34.86%), Potassium: 1167.97mg (33.37%), Magnesium: 107.8mg (26.95%), Manganese: 0.45mg (22.52%), Vitamin B2: 0.37mg (21.95%), Vitamin B1: 0.31mg (20.68%), Fiber: 4.66g (18.63%), Copper: 0.36mg (18.04%), Vitamin K: 16.77µg (15.97%), Zinc: 2.22mg (14.81%), Iron: 2.57mg (14.27%), Vitamin E: 2.03mg (13.56%), Folate: 51.34µg (12.84%), Vitamin B12: 0.57µg (9.58%), Calcium: 55.01mg (5.5%), Vitamin D: 0.23µg (1.51%)