



ALLERGIES:

No grains
No dairy
No eggs
No gluten
No nuts
Low disaccharides

Prep time: 15 mins

Cook time: 20 mins

Serves: 6

INGREDIENTS

- 4 tbsp coconut oil
- 500g thinly sliced chicken breast
- 3-4 tbsp tandoori paste
- 2 tbsp vinegar
- 2 tbsp tamari sauce
- 1 cup snow peas, sliced
- 4 stalks celery, diagonally sliced
- 1 large red capsicum, sliced thinly
- 1 large green capsicum, sliced thinly
- 1 red onion, quartered and sectioned
- 1 cup broccoli florets
- 2 bunches bok choy (or similar) chopped
- Coriander to garnish

METHOD

- Heat 2 tbsp oil in a frying pan to medium high, and add chicken slices.
- Cook for 4 minutes, and then add tandoori paste, vinegar and Tamari sauce.
- Stir to combine, and set aside in a dish.
- Add another 2 tbsp oil to pan (no need to wipe it out) and add celery, capsicum, onion and broccoli florets and cook while stirring about 4 minutes.
- Add snow peas and bok choy and cook a further 3-4 minutes.
- Stir in chicken, dish up onto serving plates and garnish with coriander

TANDOORI CHICKEN **STIR-FRY**

