



CHICKEN AND VEGETABLE STIR FRY with GARAM MASALA INFUSED OLIVE OIL

INGREDIENTS

500GM Chicken Thigh fillets
(Skinless, trimmed and cut into strips)
2 Capsicum (Colour of your choice)
1 Fresh Onion (Diced) or
1/2 cup Dried Shallots
1 punnet of Mushrooms
1 - 2 Tbsp SATHYA Chilli & Garlic Infused Olive
Oil
1-2 Tbsp SATHYA Garam Masala Infused Olive
Oil
Salt and Pepper to taste



METHOD

Warm Oil in pan, if using fresh onion, sauté until brown, then add Chicken, Capsicum and any other vegetables you may want to include.

If using Dried Shallots, cook Chicken and capsicum and dried shallots together until cooked through, and capsicum is soft.

Then add sliced mushrooms and cook for a further 2 minutes.

Serve with rice or noodles, or alternatively add into a wrap with some fresh lettuce and cheese.

**You can use any vegetables you like, just cook the hard vegetables first to soften before adding the chicken and softer vegetables.

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