



CHICKEN AND VEGETABLE STIR FRY with BASIL INFUSED OLIVE OIL

INGREDIENTS

500GM Chicken Thigh fillets cut in strips
2 Capsicum (Colour of your choice)
1 Fresh Onion (Diced) or
1 punnet Mushrooms
Handful Baby Spinach
1 - 2 Medium size carrots
1 - 2 Tbsp SATHYA Chilli & Garlic Infused Olive
Oil
1-2 Tbsp SATHYA Basil Infused Olive Oil
1 Teaspoon Cumin Powder
Salt to taste



METHOD

Warm SATHYA Chilli and Garlic Oil and 1 Tbsp of Basil Oil in pan, add Cumin powder and salt to taste and sauté fresh onion and chicken until brown, then add Capsicum, chopped up carrots and any other hard vegetables you may want to include until vegies are soft.

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

Drizzle with 1 Tbsp of SATHYA Basil Infused Oil at the end to freshen up.

**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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