



CHICKEN AND VEGETABLE STIR FRY with NOODLES & LEMONGRASS INFUSED OIL

INGREDIENTS

500GM Chicken Thigh fillets cut in strips
2 Capsicum (Colour of your choice)
1 Fresh Onion (Diced)
1 punnet of Mushrooms
Handful Baby Spinach and Bean Sprouts
1 - 2 Medium size carrots
250 gms Fried Asian Noodles
1 - 2 TBSP Soy Sauce
1 TBSP Tomato Puree
1- 2 TBSP White Vinegar
1 - 2 Tbsp SATHYA Chilli & Garlic Infused Olive Oil
1-2 Tbsp SATHYA Lemongrass or Lemongrass and Ginger Infused Olive Oil
1 Tsp Cumin Powder
Salt to taste



METHOD

Warm SATHYA Chilli and Garlic Infused oil in pan, if using fresh onion, sauté until brown, then add Chicken, cumin powder, Capsicum, chopped up carrots and any other vegetables you may want to include until vegies are soft.

Then add sliced mushrooms, bean sprouts, baby spinach and fried noodles and cook for a further 2 minutes. Add Soy sauce, tomato puree, white vinegar and salt to taste and stir thoroughly.

To finish, stir through 1 - 2 Tbsps of SATHYA Lemongrass or Lemongrass and Ginger Infused Olive Oil.

**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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