

CHICKEN AND VEG SHEETPAN STIR FRY 3 WAYS

INGREDIENTS

Serves: 4 – 6

For the Sheet Pan Stir Fry:

4 chicken breasts

½ pack (500g) McCain Stir Fry – Hawaiian (or any other)

2-3 tbsp oil, of choice

Salt & pepper, to taste

METHOD

1. Preheat the oven to 210°C and grease a flat large baking tray.
2. Slice the chicken breasts into equal sized strips and place onto one side of a baking sheet.
3. Add the McCain Hawaiian Stir Fry vegetables to the other side and spread out evenly.
4. Drizzle with oil and season with salt & pepper. Mix together until everything is evenly coated.
5. Bake in the oven for 20 minutes until the chicken is cooked through and golden.

Fully Loaded Tacos

INGREDIENTS

4 - 6 whole wheat tortillas, small / medium

2 tsp paprika

Guacamole, for the garnish

Sour cream, for the garnish

Coriander, for the garnish

METHOD

1. Add the chicken and vegetable stir fry to a large bowl.
2. Sprinkle with a dusting of paprika. Mix to coat evenly.
3. Generously fill the tortillas with the stir fry.
4. Serve each tortilla with a dollop of sour cream, guacamole & fresh coriander and ENJOY!

Asian Style Noodles

INGREDIENTS

2 - 3 cups cooked noodles

2 tbsp olive oil

¼ cup soy sauce

½ cup sweet chili sauce

¼ cup water *optional

Sliced spring onions, for the garnish

Lime, for the garnish

Cashew nuts, toasted

METHOD

1. Combine the cooked noodles with the vegetable & chicken mixture.
2. In a small bowl mix together the olive oil, soy sauce and sweet chilli, water and warm in the microwave for 30-40seconds. Pour over the noodles and mix to coat well.
3. Top with a squeeze of lime, a sprinkle of chopped spring onions, toasted cashew nuts and ENJOY!

Sweet & Sticky Rice

INGREDIENTS

2 -3 cups cooked rice

1/3 cup soy sauce

1 tbsp honey

1cm piece of ginger, grated

1 clove garlic, grated

¼ tsp chopped chili (optional)

½ lime, juiced

Toasted Sesame seeds

METHOD

1. Prepare the sauce by combining the soy sauce, honey, grated ginger, grated garlic, chopped chili and lime in a bowl.
2. Warm this in the microwave for 2 minutes in 30 second intervals.
3. Serve the chicken and vegetable stir fry alongside the sticky rice.
4. Top with a generous drizzle of the sauce and sprinkle with sesame seeds and ENJOY!