

Stir-fried greens & chicken with sweet soy & peanuts



Stir-fried greens & chicken with sweet soy & peanuts

Preparation 25 mins | Cooking 10 mins | Serves 4

1 tbs peanut oil

600g free-range chicken thigh fillets, cut into thin strips

2 long red chillies, deseeded and thinly sliced diagonally

2 sticks celery, thinly sliced

2 bunches broccolini or baby broccoli, trimmed and cut into 3

4 green onions (shallots), trimmed and cut into 4cm lengths

2 garlic cloves, finely chopped

1 small bunch (about 200g leaves) Cavolo Nero (Tuscan Kale),
stems trimmed and roughly chopped

1 large carrot, shredded lengthways

Steamed rice, to serve

Sweet soy & peanut sauce:

2½ tbs kecap manis

1 tbs salt reduced soy sauce

¼ cup roughly chopped roasted peanuts + extra peanuts to serve

STEP 1 Heat oil in a wok over high heat. Stir-fry chicken, in batches, for 2-3 minutes until golden and almost cooked through. Transfer to a plate.

STEP 2 Add chillies, celery and broccolini to the wok. Stir fry for 2 minutes. Toss through green onions and garlic and stir-fry for 1 minute. Add cavolo nero, carrot and 2 tbs water. Toss to combine, cover and cook for 2 minutes. Add sweet soy & peanut sauce and chicken and stir-fry until hot. Serve with steamed rice and extra chopped peanuts.

Good for you... **BROCCOLINI**

An excellent source of vitamin C, one of the vitamins that contributes to the body's immune function. A good source of beta carotene, which the body converts to vitamin A. This vitamin is necessary for the structure and function of our skin and also for normal vision.

