

## THAI CHICKEN STIR FRY

### Ingredients

#### 1 teaspoon Donegal Rapeseed Oil

2 boneless, skinless chicken breasts, thinly sliced

2 cloves garlic, sliced

2cm fresh ginger, peeled and grated

1 red chilli, finely sliced

1 bunch spring onions, sliced

1 red pepper, seeded and cubed

Grated rind and juice of 1 lime

1 tablespoon honey

Basil

1 tablespoon soy sauce

Heat the oil in a frying pan or wok until it begins to smoke. Add the chicken and fry for 2-3 minutes until golden. Remove from the pan and set aside.

Add the garlic, ginger and chilli and fry for 1 minute, add the spring onions and pepper and continue to fry for 2 minutes.

Return the chicken to the pan with the remaining ingredients and heat through until piping hot.

Serve with noodles or pilaff rice for a tasty quick meal.

