

CHICKEN AND JULIENNE* VEGETABLE STIR FRY WITH VIETNAMESE DRESSING

Preparation Time: 15 - 25 minutes depending on the amount

Cooking Time: 10 - 15 minutes depending on the amount

Serving Size:	Serves 2	Serves 4	Serves 6	Serves 8
Ingredients:				
Chicken breasts, cut into strips	2 Medium	4 Medium	6 Medium	8 Medium
Carrots, julienne-style*	1 Large	2 Large	3 Large	4 Large
Red cabbage, shredded	½ Cup	1 Cup	1 ½ Cups	2 Cups
Red pepper, julienne-style*	½ Medium	1 Medium	1 ½ Medium	2 Medium
Spinach, shredded	1 Cup	2 Cups	3 Cups	4 Cups
Olive oil	2 tsp.	4 tsp.	6 tsp.	8 tsp.
Mint, fresh, chopped	1 Tbs.	2 Tbs.	3 Tbs.	4 Tbs.
Coriander, fresh, chopped	1 Tbs.	2 Tbs.	3 Tbs.	4 Tbs.
For the Dressing:				
Water	2 Tbs.	4 Tbs.	6 Tbs.	8 Tbs.
Ginger, fresh, crushed	1 tsp.	2 tsp.	3 tsp.	4 tsp.
Lemongrass, fresh	1 Tbs.	2 Tbs.	3 Tbs.	4 Tbs.
Lemon juice, fresh	2 tsp.	4 tsp.	6 tsp.	8 tsp.
Chili peppers, finely sliced	½ Medium	1 Medium	1 ½ Medium	2 Medium

Note: For the best results, ingredients should be measured as descriptions of the amounts may vary for different food items.

Instructions:

- Bring the water to a boil, and add the lemon grass, lemon juice, ginger and chili to make the Vietnamese dressing.
- Heat the oil in a large pan or wok, and fry the chicken strips until cooked, then add the stir-fry vegetables and cook for a further 3 – 4 minutes.
- Stir in the Vietnamese dressing and cook for 4 - 5 minutes.
- Remove from heat and stir in the chopped mint and coriander.
- Serve and enjoy.

*Julienne refers to the way in which the vegetables are cut, which is in thin strips.

Tips to Reduce Preparation & Cooking Time:

- Buy chicken breasts which have already been cut into strips.
- Buy already crushed garlic.
- Use a sharp vegetable knife when preparing the vegetables.

Chicken and Julienne Vegetable Stir-fry with Vietnamese Dressing – Analysis per serving	
Energy:	
Calories (kcal):	318
Protein (g):	36.4
Total Fat (g):	14.1
Saturated Fat (g):	3.2
Monounsaturated Fat (g):	6.9
Polyunsaturated Fat (g):	2.6
Omega-3's (g):	0.2
Cholesterol (mg):	107.0
Carbohydrates (g):	11.0
Of which is sugars (g):	0.0
Fiber (g):	3.2
Sodium (mg):	141.0