

Chicken with courgette and spinach

Serves 4

4tbsp sunflower oil

2 chicken breast fillets, cut into strips

150g tofu, cut into 1cm slices

2 small courgettes, sliced into thin strips

150g button mushrooms, thinly sliced

4tsp light soy sauce

4tsp sesame oil

2 handfuls baby spinach

To serve

Brown basmati rice

- 1 Heat 2tbsp oil in a frying pan and fry the chicken until cooked. Remove from the pan and set aside and keep warm.
- 2 Add the rest of the oil and fry the tofu, courgettes and mushrooms until golden brown. Drizzle with soy sauce, remove from pan, set aside and keep warm.
- 3 In the same pan, heat the sesame oil and fry the spinach for one minute until wilted.
- 4 Serve the chicken, tofu mixture and spinach on a bed of brown basmati rice.

Fat	22g	Saturated fat	2g	Energy	662kcal		
Protein	3g	Sodium	.1g	Fibre	1g	Carbs	80g



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