Build your own stir-fry

The ultimate, versatile weekday meal—ready in a jiffy.

Ingredients

- ¼ cup tamari
- 1 tablespoon honey
- 2 cloves garlic, crushed
- 1cm cube fresh ginger, grated
- 1 small red chilli, finely chopped (optional)
- juice of 1 lime
- 1 teaspoon lime zest, grated
- 1-2 tablespoons coconut oil or extra virgin olive oil
- 1 brown onion, sliced
- 500g chicken (beef or pork), sliced into strips
- 2 cups ‘colourful’ veggies (I use whatever is in the fridge—usually broccoli, carrots, capsicum and red cabbage), chopped

Method

1. To make the stir-fry sauce, combine tamari, honey, garlic, ginger, chilli, lime juice and zest, and whisk together. Set aside.
2. Heat half the oil in a fry pan or wok over medium heat. Fry onion and chicken until browned. Transfer onion and chicken to a bowl, cover with foil and set aside.
3. Add remainder of oil to the fry pan and fry vegetables until just cooked.
4. Add the onion, chicken and stir-fry sauce to the pan. Mix well until combined and heated through.
5. Serve with brown rice or noodles.

Written by Rebecca Hawker for Circle In (circlein.com.au), nutritionist and wellness coach who supports busy mums in achieving their health and wellness goals. Discover more recipes from Bec here.