



GARLIC MUSHROOM AND CHICKEN STIR FRY (COPY)

Ditch the takeaway and savour this Garlic Mushroom and Chicken Stir Fry instead. It's quick, simple and exceptionally good!

10 minutes

30 minutes

4 portions

INGREDIENTS

- 1 tablespoon of olive oil
- 450 grams of chicken thighs, diced
- 2 teaspoons of Italian seasoning
- 1/2 teaspoon of garlic powder
- 1/2 teaspoon of onion powder
- 1/2 teaspoon of paprika
- 2 tablespoons of butter
- 1 small onion, chopped
- 4 cloves of garlic, minced
- 1 green pepper, chopped
- 250 grams of mushrooms
- 2 tablespoons of parsley, chopped

COOKING METHOD

- 1° Heat the olive oil in a large pan over a medium-high heat and add the chicken. Season with salt and pepper, Italian seasoning, garlic powder, onion powder, and paprika. Mix well and cook for 5-6 minutes until the chicken is browned. Then, remove from the pan and set aside.
- 2° In the same pan, heat the butter and add the onion and garlic, cooking for 3-4 minutes until fragrant. Next, add in the mushrooms and pepper, and continue cooking for a further 4-5 minutes, until soft.
- 3° Add the chicken back to the pan and mix well with the vegetables. Continue cooking for a further 2 minutes. At the end of cooking, sprinkle with the parsley and adjust the seasoning if needed.
- 4° Serve on its own or with a portion of rice (not included in nutrition information).

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (239 g)	% DRI
ENERGY	128 kcal	306 kcal	15 %
FAT	8 g	19 g	29 %
FATTY ACIDS, TOTAL SATURATED	3 g	7 g	35 %
CHOLESTEROL	68 mg	162 mg	54 %
SODIUM	22 mg	52 mg	2 %
CARBOHYDRATE	2 g	4 g	1 %
SUGARS	1 g	2 g	—
FIBER	1 g	1 g	5 %
PROTEIN	13 g	30 g	—