



SOY SAUCE CHICKEN AND VEGETABLE STIR-FRY

Wok is a dish, typically based on a type of meat, legume, or tofu, and various vegetables. It may or may not include carbohydrates such as noodles (wheat or rice), pre-cooked quinoa, couscous, bulgur wheat, brown rice, among others."

🕒 20 minutos

🍴 1 porción

INGREDIENTES

- 1 tablespoon of soy sauce [13g]
- 1/2 tablespoon of extra virgin olive oil [5g]
- 100 grams of white or red onion
- 1 large green bell pepper, raw [160g]
- 1 small red bell pepper, raw [150g]
- 1 boneless, skinless chicken breast [175g]
- 1 zucchini, raw [160g]
- 1 small carrot, raw [45g]

MÉTODO DE PREPARACIÓN

- 1º Prepare ingredients. Peel onion, cut in half lengthwise, and slice into strips. Remove stem and seeds from pepper. Remove white pith and ribs. Cut pepper into medium-sized pieces or irregular strips.
- 2º lice the chicken breast in half lengthwise and cut into thin strips.
- 3º Cut the zucchini and carrot into thick batons.
- 4º Heat some olive oil in a large wok or skillet. Add onion and pepper, stir-fry until softened. Add chicken and remaining vegetables. For best results, use a wok.
- 5º Cook everything together turning so that it browns on all sides. Add a small pinch of salt and when you see that the chicken is done pour a little soy sauce over the stir-fry and turn it a few times.

INFORMACIÓN NUTRICIONAL

	POR 100 g	POR PORCIÓN [721 g]	% DDR
ENERGÍA	54 kcal	387 kcal	19 %
GRASA	2 g	12 g	18 %
GRASAS SATURADAS	0 g	3 g	14 %
COLESTEROL	15 mg	111 mg	37 %
SODIO	124 mg	893 mg	37 %
H. CARBONO	3 g	21 g	7 %
AZÚCARES	3 g	20 g	—
FIBRA ALIMENTARIA	1 g	9 g	35 %
PROTEÍNA	6 g	45 g	—