

# Chicken Stir-Fry with Chutney



Serves 4

## VARIATION ON VEGETABLES FOR STIR FRY:

Canned baby corn

Mushrooms

Snow peas

2 whole boneless, skinless chicken breasts,  
cut into thin strips

1/2 cup (120 ml) soy sauce

1 onion, sliced

green pepper, sliced

3 tablespoons (40 ml) olive oil

1/2 cup (125 ml) mango or other chutney

salt and pepper

On a plate or pan, stir together the chicken breast strips and the soy sauce. Set aside to marinate. Meanwhile, sauté the onions and green pepper in a skillet with the oil. Remove from the skillet and keep warm. Reserving the

marinade, cook the chicken slices in the skillet, adding a little more oil if needed. Add the vegetables and marinade. Stir in the chutney and season to taste with salt and pepper.

Serve with rice or couscous.