Stir Fry

**Ingredients:**

* ½ cup rice
* 10ml canola oil
* ½ carrot
* ¼ bell pepper
* 1/6 of an onion
* Piece of broccoli
* 1 clove garlic
* Portion of bok choy
* Pinch of salt and pepper
* ½ of chicken breast
* **Sauce:**
  + 40ml soy sauce
  + 30ml chicken broth
  + 20ml rice vinegar
  + 10ml sugar
  + 4ml sesame oil
  + 5ml minced ginger
  + 5ml cornstarch

**Method:**

1. Measure 1 and half cups of water into a small pot, add rice and bring to boil
2. Reduce heat to low and cover with lid – until water is all gone and rice is tender (about 15minutes)
3. Prep sauce by whisking ingredients together in small bowl
4. Prep all ingredients before starting cooking
5. Mince garlic, slice carrot, bell pepper, onion, cut off broccoli florets and slice the stems, chop bok choy
6. In a large skillet heat canola oil on medium-high
7. Add meat and cook for a minute until colour change
8. Add peppers, onion, broccoli, carrot and garlic – stir constantly – cook about 2 minutes
9. Add the bok choy, salt and pepper – stir another minute
10. Plate your rice, add stir fry on top, top with sauce – enjoy!