



# Sonia's soy & sesame chicken stir-fry

Bariatric-friendly. Full of colour, flavour, and crunch!

Serves 4 – Prep time: 15 mins – Cook time: 10 mins

## Ingredients

500g boneless, skinless chicken thighs, sliced into strips

1 tsp sesame oil

1 small brown onion, thinly sliced

2 garlic cloves, minced

1 cup mushrooms, sliced

1 zucchini, halved and thinly sliced

1 red capsicum, thinly sliced

1 small carrot, julienned or grated

1 cup red cabbage, finely shredded

1 cup bean sprouts

3 spring onions, thinly sliced

½ cup fresh coriander, chopped

1 tsp chilli flakes (adjust to taste)

### Sauce

2 Tbsp low-sodium soy sauce

1 Tbsp sweet chilli sauce (or sugar-free if available)

1 Tbsp water

1 tsp sugar-free maple syrup (optional for extra glaze)

## Directions

### Cook chicken:

Heat sesame oil in a large non-stick pan or wok. Add chicken and cook until browned. Remove and set aside.

### Sauté aromatics:

In the same pan, add onion and garlic. Cook for 1–2 minutes. Add mushrooms, capsicum, zucchini, and carrot. Stir-fry for 2–3 minutes until just tender.

### Add cabbage and sauce:

Stir in cabbage, cooked chicken, chilli flakes, and the sauce ingredients. Toss well and cook for another 2 minutes until everything is coated and glossy.

### Finish with freshness:

Stir through bean sprouts and coriander right before serving

	Protein	Fat	Carbs
Approximately per serve	32g	9g	10g

