

Chinese Chicken

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Ingredients:

2 whole skinless chicken breasts, boned and cut in half.
1 teaspoon of sesame oil.
1 teaspoon of minced garlic.
200 grams of fresh peas.
200 grams of broccoli spears.
25 grams of chopped onion.

Preparation:

Start marinating in the morning for maximum flavor.

Heat the sesame oil in a non-stick frying pan until it begins to sizzle.

Add all the ingredients except peas, cover and cook for five minutes.

Turn the chicken over and cook for another eight minutes.

Add the peas and heat through, stirring occasionally.

Serve as desired.