

Recipe:

1 Chicken Breast
20g mange tout
1 Red/Green/Yellow Pepper
1 Onion, chopped.
Handful of mushrooms
50g brown Rice
Coconut oil
Table spoon Soy Sauce

Method :

1. Cook rice until al dente (Cooked so that the rice still has a little bite to it)
2. Put chicken under a preheated grill until cooked
3. While the chicken is cooking stir fry the chopped onions until clear, then add the mange tout.
4. Cut the cooked chicken into cubes and add to onions and mange tout.
5. Add the soy sauce and stir fry for 5 mins.
6. When the rice is cooked, add it to the stir fry
7. Mix together and serve