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## Thai Chicken Stir Fry

I love making stir fry's. The quick and easy and packed full of macro and micronutrients.

Makes 4 servings

### Ingredients

- Pack of brown rice noodles
- 1 Tablespoon Coconut oil
- 4 spring green onions
- 200 g chicken breast fillets , cut into bite size pieces.
- 1 cup of spinach
- 1 large red pepper
- 2 large carrots, julienned
- 1 cup red or green cabbage or both

### Sauce

- 2 Teaspoons oyster sauce
- 2 teaspoons soy sauce or coconut aminos
- 1 tablespoon lemon juice
- 2 teaspoons honey

### Directions

1. Bring a pot of water to boiling point, place noodles in and cook for 5 minutes, drain and set aside.
2. Heat oil in a wok, add onion and fry for 2 minutes, add chicken and cook for 5 minutes
3. Add rest of ingredients and cook for 2-3 minutes
4. Mix together ingredients for sauce
5. Add noodles and sauce and stir fry for 2- 3 minutes

