

CHICKEN SKEWERS Serves 4

2 x Chicken Breast – diced

1 x tbsp Maple syrup

1 x tbsp Tomato Puree

2 x dashes Worcestershire Sauce

- Mix together.
- Put on skewers
- Cook in oven 175°C for 10 minutes/ until cooked
- Serve with stir fried rice

STIR FRY Serves 4

1 x medium sized carrot finely chopped

1 x medium sized onion finely chopped

1 x garlic clove finely chopped

400 g cooked long-grain rice

1 x tbsp soya sauce

2 x tbsp cooked sweetcorn

2 x tbsp cooked peas

- Fry the onions, garlic, and carrot until soft
- Add rice and soya sauce
- Mix well
- Add sweetcorn and peas
- When hot through, serve