

# Simple chicken satay stir-fry

Serves - 4

This is a super quick, cheats chicken satay stir fry. Packed with nutrition and flavour.

Asparagus is an amazing vegetable and well worth buying often when it's in season. It contains the amino acid asparagine which is a natural diuretic that can help with edema and tryptophan which can improve mood.

Holy basil is wonderful in this dish if you can get hold of some. It's an adaptogen, which can help alleviate feelings of stress and anxiety and is also high in antioxidants.

This is a great recipe to use up beetroot greens and the stems add a lovely colour to the dish. Beet greens are loaded with nutrients, vitamins A, C, K, magnesium, potassium, copper and calcium. They are high in oxalates though which can be an issue for some people.



## Ingredients

- 4 chicken breasts
- 1 T MCT or coconut oil
- 2 T Tamari
- 1 t sesame oil
  
- 1 onion
- 2 celery stalks
- 4 garlic cloves
- thumb of ginger
- 120 g asparagus
- 120 g tenderstem broccoli spears
- 300 g Beetroot greens or pak choi or cabbage
- 25 g holy basil
- 4 spring onions
- 2 t chilli flakes
- 2 T tamari
- 1 T sesame oil
- 2 T nut butter

## Method

1. Cut chicken breasts into strips and marinate in tamari, mct oil and sesame oil.
2. Slice onion and celery and cook in a pan with mct oil till caramelised.
3. Peel ginger with a spoon, and then cut into matchsticks.
4. Slice and chop garlic into matchsticks and add garlic and ginger to the pan.
5. Chop asparagus spears and broccoli into bite size pieces and add to the pan.
6. Wash beetroot greens thoroughly, chop and add to the pan.
7. Allow to wilt and then add chilli, tamari, sesame oil, nut butter and holy basil leaves.
8. Skewer the marinated chicken onto 4 skewers.
9. Cook on a hot griddle or BBQ for around 15 mins, turning regularly until golden and cooked through.
10. Plate up stir fried vegetables into wide bowls, top with chopped spring onions and chicken skewers.