



# Simple Winter Chicken & Vegetable Stir-fry

Recipe by Kirsten Bacon

serves 2

## INGREDIENTS

- 1 chicken breast or 2 small boned chicken thighs (200–250 g), thinly sliced. (beef or tofu also works well)
- 2 cups cabbage, shredded (a very affordable winter vegetable)
- 1 carrot, thinly sliced
- 1 small red onion, sliced
- 1 clove garlic, chopped (optional but adds great flavour)

## DIRECTIONS

1. Cook the rice first if you plan to serve the stir-fry with rice.
2. Heat the oil in a large frying pan or wok over medium–high heat.
3. Add the sliced chicken and cook for 3–4 minutes until lightly browned.
4. Add the onion and garlic and stir-fry for about 1 minute until fragrant.
5. Toss in the carrot and cabbage and stir-fry for another 3–4 minutes until just tender but still bright in colour.



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## INGREDIENTS CONTINUED

- 1 tablespoon soy sauce
- 1 teaspoon vinegar or lemon juice
- 1 teaspoon brown sugar or honey
- 1 tablespoon oil
- Cooked rice or noodles, to serve
- Optional: leftover zucchini or other vegetables you have on hand.

## DIRECTIONS CONTINUED

6. Add the soy sauce, vinegar and sugar. Toss everything together so the sauce coats the vegetables and chicken evenly. Taste and adjust seasoning if needed.
7. Serve immediately over hot rice or noodles.

## NOTES

Cabbage and carrots are some of the cheapest vegetables available in winter, making this dish very budget-friendly. By slicing the chicken thinly, a small amount goes a long way, and the simple soy-based seasoning keeps things flavourful without needing expensive sauces.

I often add a handful of fresh herbs at the last minute — coriander, parsley or even a little mint can lift the whole dish.

To stretch this dish further, I'll toss a handful of cooked rice into the pan at the end and turn it into a quick fried rice-style stir-fry.

Two-minute noodles can work here too. They may not be the most nutritious addition, but they add a lovely texture to the dish with all those delicious veggies.

I also keep an eye out for sauces on special at the supermarket and change the flavour from time to time. A splash of Japanese teriyaki sauce, or a satay sauce for example, works beautifully in this recipe.



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