

## Sheet Pan Chicken Stir Fry 3-Ways

### Ingredients:

#### For the Sheet Pan Stir Fry:

4 chicken breasts  
½ pack (500g) McCain Stir Fry – Hawaiian (or any other)  
2-3 tbsp oil, of choice  
Salt & pepper, to taste

Serves: 4 – 6

Serving suggestions:

#### 1. Fully Loaded Tacos

4 - 6 whole wheat tortillas, small / medium  
2 tsp paprika  
Guacamole, for the garnish  
Sour cream, for the garnish  
Coriander, for the garnish

#### 2. Asian Style Noodles

2 - 3 cups cooked noodles  
2 tbsp olive oil  
¼ cup soy sauce  
½ cup sweet chili sauce  
¼ cup water \*optional  
Sliced spring onions, for the garnish  
Lime, for the garnish  
Cashew nuts, toasted

#### 3. Sweet & Sticky Rice

2 -3 cups cooked rice  
1/3 cup soy sauce  
1 tbsp honey  
1cm piece of ginger, grated  
1 clove garlic, grated  
¼ tsp chopped chili (optional)  
½ lime, juiced  
Toasted Sesame seeds

**Recipe:**

1. Preheat the oven to 210°C and grease a flat large baking tray.
2. Slice the chicken breasts into equal sized strips and place onto one side of a baking sheet.
3. Add the McCain Hawaiian Stir Fry vegetables to the other side and spread out evenly.
4. Drizzle with oil and season with salt & pepper. Mix together until everything is evenly coated.
5. Bake in the oven for 20 minutes until the chicken is cooked through and golden.

**Serving suggestions:****1. Fully Loaded Tacos**

1. Add the chicken and vegetable stir fry to a large bowl.
2. Sprinkle with a dusting of paprika. Mix to coat evenly.
3. Generously fill the tortillas with the stir fry.
4. Serve each tortilla with a dollop of sour cream, guacamole & fresh coriander and ENJOY!

**2. Asian Style Noodles**

1. Combine the cooked noodles with the vegetable & chicken mixture.
2. In a small bowl mix together the olive oil, soy sauce and sweet chilli, water and warm in the microwave for 30-40seconds. Pour over the noodles and mix to coat well.
3. Top with a squeeze of lime, a sprinkle of chopped spring onions, toasted cashew nuts and ENJOY!

**3. Sweet & Sticky Rice**

1. Prepare the sauce by combining the soy sauce, honey, grated ginger, grated garlic, chopped chili and lime in a bowl.
2. Warm this in the microwave for 2 minutes in 30 second intervals.
3. Serve the chicken and vegetable stir fry alongside the sticky rice.
4. Top with a generous drizzle of the sauce and sprinkle with sesame seeds and ENJOY!