



Skinny Sizzling Stir Fry

Ingredients

2kg Strips of Chicken (Pork or Beef)
200g Onions, sliced
200g Mixed Peppers, sliced
100g Mangetout, whole (optional)
200g **RAPS SKINNY** Lemon Pepper Marinade

Method

1. Marinate the chicken in **RAPS SKINNY** Lemon Pepper Marinade.
2. Slice the vegetables, add to the Chicken, ready to cook.
3. Stir in a hot pan making sure the chicken or meat is fully cooked through.
4. Garnish with sliced spring onions and toasted sesame seeds.
Serve with long grain rice.

Top Tip – For a different taste, why not try **RAPS SKINNY** Hot & Spicy Marinade (Fajita/Mexican Style) or **RAPS SKINNY** BBQ Marinade.



Image & recipe
courtesy of RAPS

SCOTTISH
CRAFT BUTCHERS