



# Chili Ginger Chicken

NIBBLEDISH CONTRIBUTOR

## Ingredients

- 1 x Red or Green Capsicum cut into square pieces (*or half of each colour if you like pretty dishes*)
- tbsp fresh grated ginger
- 3 x cloves of garlic (*crushed with knife and diced*)
- 1 x large onion diced
- A dash of Soy Sauce
- Chili flakes to taste (*I use a LOT, a tbsp maybe*)
- tbsp Sesame Oil
- 300-500 grams of bite-sized chicken or beef pieces (*I like the beef, wife likes the chicken*)

## Instructions

**Super fast and healthy recipe when you're in a hurry.**

1. Heat up your wok and sesame oil
  2. Add the onion and garlic and cook on medium heat until onions are clear (don't
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burn the garlic!)

3. Pop in your meat, half of the ginger, dash of soy sauce and chili flakes and cook until meat is almost cooked through (maybe 3-5 mins) while constantly stirring.
4. Add the capsicum and the rest of the ginger and cook for another minute or two (you'll know when the meat's ready).
5. Serve on rice (*Brown's good*)

Hopefully if the stars are all inline you'll have a quick dish that tastes really fresh, clears the sinuses and leaves some calories for you to use on dessert.