



Hawaiian Stir-Fry

- 800g Chicken Breasts, cut into strips
- ½ punnet Baby Marrow, cut into strips
- 1 Medium Size Red Pepper, cut into strips
- 1 Medium Size Yellow Pepper, cut into strips
- 1 Medium Size Green Pepper, cut into strips
- 1 Medium Size Pineapple - halved, hollowed out and slice the filling into strips
- 1 Tbsp Olive Oil
- 2 Tbsp Sweet Chilli Sauce
- 120ml Soya Sauce
- Sesame Seeds for sprinkling
- Pepper to taste

In a Wok or large frying pan, heat up the olive oil and fry the chicken strips until browned. Add the baby marrow, peppers and pineapple; and stir fry until just cooked but still crisp. Take off the heat, add the sweet chilli sauce, half of the soya sauce and toss together. Serve in the hollowed out pineapple shells with a side of Chinese egg noodles or rice and a bowl of the remaining soya sauce.

Serves 4