



YOU CAN COOK  
AND YOU DO HAVE THE TIME

## Kev's Kitchen

# CHICKEN CHOW BEAN

**Time: 30 minutes**

**Serves: 4**

### Ingredients:

1 tablespoon extra-virgin coconut oil  
1 pound boneless-skinless chicken breast – sliced  
1 tablespoon dark sesame oil  
1 red bell pepper – seeded and roughly chopped  
1 green bell pepper – seeded and roughly chopped  
8 green onions – sliced diagonally  
3 cloves garlic – finely chopped or crushed  
2 tablespoons dry sherry  
2 tablespoons soy sauce  
4 cups bean sprouts  
½ cup fresh Italian parsley – roughly chopped

### Preparation:

Preheat a large wok with the coconut oil over high heat. Add the chicken, stirring often for three minutes.

Add the sesame oil, peppers, onions and garlic to the wok, stirring often for four more minutes.

Pour in the sherry, soy sauce and bean sprouts, continuing to stir for three minutes.

Remove from heat, stir in the parsley and serve.

### Nutritional Information Per Serving:

Calories: 241  
Fat: 9g  
Carbs: 11g  
Fibre: 3g  
Protein: 30g