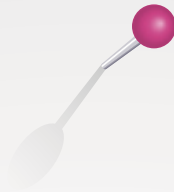


# Adios™

A natural aid for slimming



## MANGO CHICKEN STIR FRY

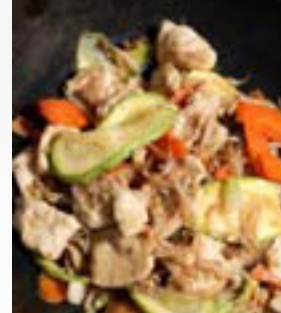
Serves: 4

Calories per serving: 205

Preparation and cooking time: 40 minutes

### Ingredients

- 3x125-150g chicken breast fillets, skinless
- 1 tbsp corn-flour
- ¼ tsp Chinese five-spice powder
- 4 tbsp vegetable oil
- 125g cashew nuts, unroasted and unsalted
- 2 medium carrots, halved and cut into strips
- 4 spring onions, sliced diagonally
- 1 medium courgette, halved and cut into strips
- 125g sugar snap peas
- 1 ripe medium mango, stone removed, quartered, peeled and thinly sliced
- 1 tbsp dry sherry
- 2 tbsp dark soy sauce



### Method

- 1 Cut each chicken breast in half lengthways, slice thinly and place in a bowl. Mix together the corn-flour and Chinese five spice powder. Sprinkle over the chicken and toss well together
- 2 Heat 2 tbsp of the vegetable oil in a wok and stir fry the chicken pieces for 3-5 minutes until cooked and lightly browned. Remove from the pan and keep warm
- 3 Add the remaining oil to the pan and quickly stir fry the cashew nuts until lightly browned. Add the carrots, spring onions and courgette and cook, stirring, for 3-4 minutes. Stir in the sugar snap peas and mango slices and cook for a further 1-2 minutes
- 4 Return the chicken pieces to the pan and add the dry sherry and soy sauce. Stir fry for 3-4 minutes

If you like the look of one of the recipes for another body shape, don't worry, it's still healthy and low fat, so try it! These recipes aren't exclusive to each body shape, they're just suggestions!

notes: