

Cherry tomatoes have a refreshing, sweet and sour taste and can be appetite-stimulating. Use them in a stir-fry with fresh broccoli and chicken strips to create an appetizing dish, rich in dietary fibre.



# Stir-fried Chicken with Cherry Tomato and Broccoli

## Nutrition Analysis: (Per Serving)

Energy (kcal)	161
Carbohydrate (g)	7
Protein (g)	17
Fat (g)	7
Dietary fibre (g)	1.8
Sodium (mg)	530

## Ingredients: (Serves 4)

1. Skinless chicken steak ½ catty (320g)
2. Cherry tomato 12 pc. (approx. 225g)
3. Broccoli 6 taels (240g)
4. Ginger 3 pc.
5. Vegetable oil 1 tbsp
6. Water 3 tbsp

### Marinade (For Chicken):

1. Light soy sauce 1 tbsp
2. Sugar ½ tsp
3. White pepper trace
4. Cornstarch ½ tsp

### Seasoning:

1. Sugar ½ tsp
2. Salt ¼ tsp



## Method:

1. Slice the chicken steak into strips and marinate for at least 15 minutes. Set aside.
2. Wash and de-stem the cherry tomatoes. Wash and cut the broccoli into small florets.
3. Heat up 1 tablespoon of vegetable oil in a non-stick frying pan and sauté the ginger. Add in chicken strips and stir-fry until the pieces are cooked. Set aside.
4. Add broccoli, water and seasoning into the same frying pan. Stir-fry the broccoli until cooked. Add in the chicken strips and cherry tomatoes and stir well to serve.

## Nutrition / Preparation Tips:

- ✓ Chicken is a source of protein. Skinless chicken steak contains less fat and has a soft texture, and is suitable for the elderly.
- ✓ Chicken can be substituted by dace.
- ✓ Cherry tomato and broccoli are sources of dietary fibre, which helps to prevent constipation.

## Notes for Special Diets:

- ✓ Low-Salt Diet: Do not add salt as seasoning and replace by ¼ teaspoon of white pepper.

