“You Can eat Any junk Food you like as long as you Make it’’

there is o truer statement we all love the occasional Burger, chinese, indian so its great to have some quick and easy Recipes to hand to help you cook a lighter option.

Chicken Stir Fry with Cauliflower Rice.



Serves 2

2 chicken Breasts

Garlic Cloves

Ginger

Salt , Pepper

Tamari ( soya sauce)

Vegetables of your choice

* take a teaspoon of coconut oil into your wok / frying pan
* add ginger , Garlic and chopped chicken breats
* seal the chicken and when half cooked add in your veg and soya sauce

Stir fry is a staple in our house as its so easy to prepare when your on the go all the time. I like to serve it with Rice Noodles or in the evening when I prefer to keep away from Carbs I make Cauliflower rice.

Cauliflower Rice

So simple and once you have tried you will have it time and time again.



Just take your Cauliflower and pop it into your blender until broken down in the form of rice. Lay it out on a tray and pop into the over for 10/ 12 minutes and its ready.



a great meal and so quick to prepare .



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