

Nopalito and Chicken Stir Fry



Serves: 6

Preparation time: 50 min

Recipe adapted by Dr Alba du Toit, Taylor Colbert and Sisipho Rebe

Cooks note: Dr. Alba du Toit was instructed in cooking nopalitos with this recipe, by Dr Ana Lilia Viguera and Dr Maria Elena Murillo Soto during an 2015 international workshop.

INGREDIENTS:

- 6 nopalitos
- 15 ml olive oil
- 1 onion, sliced
- 1 garlic clove, sliced
- 4 chicken breasts, sliced
- 2 yellow peppers, sliced
- 2 red peppers, sliced
- 250 g mushrooms, sliced
- 3 beetroot, cooked and cut into strips
- 5 ml salt
- 5 ml white pepper

METHOD:

- Clean, remove the glochids and slice the nopalitos into thin strips.
- Heat the oil in a frying pan or an electric frying pan or wok.
- Add the onions and stir over high heat for a minute.
- Add the garlic to the onion and stir for another minute.
- Season the chicken strips with salt and pepper and add it into the stir fry, allow to cook for 2 minutes.
- Add the red and yellow pepper, mushrooms and nopalitos and stir for 3-4 minutes only until the vegetables are tender.
- Add the beetroot and heat it through. Taste and season according to preference.
- Remove it from the heat and serve hot.