

Preparing Meals for Metabolic Dysfunction Associated Steatotic Liver Disease (MASLD)

Non-Starchy Vegetables and Fruit

All varieties of vegetables except potato and yam/sweet potato

Protein Foods

Fish/seafood $\geq 3x/\text{week}$
Legumes $\geq 3x/\text{week}$
Chicken/eggs
Tofu/tempeh
Red meat $\leq 1x/\text{week}$

Make water your drink of choice

Cook with Extra Virgin Olive Oil



Wholegrains and Starchy Vegetables

Multigrain bread
Brown rice
Wholegrain pasta
Polenta
Quinoa
Potato
Sweet potato



Non-Starchy Vegetables and Fruit

1. Eat large amounts of non-starchy vegetables each day
2. Choose vegetables in their whole form
 - Try them raw, roasted, sautéed, grilled, and blanched



Examples of Non-Starchy Vegetables

Artichoke	Broccoli	Cucumber	Rapini
Asparagus	Cabbage	Eggplant	Salad greens
Bell Peppers	Carrots	Leek	Turnip
Beetroot	Cauliflower	Okra	Tomato
Brussel Sprouts	Celery	Radish	Zucchini

3. Eat 2-3 serves of different fruit daily, as part of a meal or as a snack
4. Choose fruits in their whole form - limit dried fruit and avoid fruit juice

Examples of Fruit

1 serve = 1 small piece whole fruit or $\frac{3}{4}$ cup berries or $\frac{1}{2}$ cup frozen fruit

Apple	Cherries	Nectarine	Pineapple
Banana	Grapes	Orange	Plum
Blackberries	Honeydew Melon	Papaya	Raspberries
Blueberries	Mandarin	Peach	Strawberries
Cantaloupe	Mango	Pear	Watermelon

Protein Foods

1. Eat plant-based protein, lean-animal protein or dairy
2. Try to eat fish two or three times per week
3. Eat less red meat and avoid processed meats
4. Choose small amounts of unprocessed cheeses



Examples of Protein Foods

Plant Sources		Animal Sources	
Beans/Legumes	Nuts	Cheese (Cottage, Ricotta, Cheddar, Feta)	
Chickpeas	Seeds	Chicken	Greek Yoghurt
Edamame	Tempeh	Fish	Milk
Lentils	Tofu	Eggs	Lean Red Meat

Avoid These Protein Foods

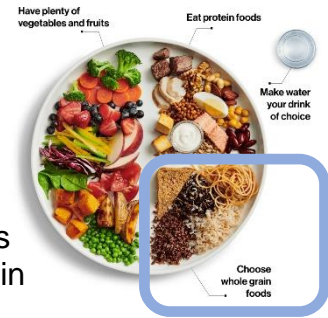
Bacon	Chorizo	Fried Meats	Meat Pies
Beef Jerky	Corned Beef	Ham	Pepperoni/Salami
Burgers	Deli Meats	Hot Dogs	Sausages

Avoid These Dairy Foods

Butter	Cream Cheese	Flavoured Yoghurt	Processed Cheese
Buttermilk	Custard	Ice-Cream	Sour Cream
Cream	Flavoured Milk	Margarine	

Wholegrains and Starchy Vegetables

1. Choose starchy vegetables or wholegrains as these will keep you full for longer
2. Bulk up your grains by adding more non-starchy vegetables
3. Avoid simple carbohydrates as these can lead to weight gain



Examples of Starchy Vegetables

Beans	Cassava	Corn	White Potato
Butternut squash	Chickpeas	Lentils	Yam/Sweet Potato

Examples of Wholegrains

Brown Rice	Corn Tortillas	Oats/Oatmeal	Wholegrain Bread
Barley	Farro or Freekeh	Quinoa	Wholegrain Pasta
Buckwheat	Multi-Grain Bread	Rye	Wild Rice

Avoid These Simple Carbohydrates

Starches

Instant Oatmeal	White Bread	White Pasta	White Rice
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Sugars

Cakes	Chocolate	Energy Drinks	Soft Drinks
Candy	Cookies	Granola Bars	Sports Drinks

Oils, Herbs and Spices

1. Choose extra virgin olive oil as your first choice
2. Add herbs and spices to flavour food instead of salt

Examples of Oils, Herbs and Spices

Oils	Herbs and Spices		
Olive Oil	Basil	Cumin	Paprika
Canola Oil	Bay Leaves	Garlic	Parsley
Peanut Oil	Cayenne Pepper	Ginger	Pepper
Sesame Oil	Cilantro	Lemon	Turmeric
Sunflower Oil	Cinnamon	Nutmeg	Rosemary

Avoid These Fats and High Salt Foods

Fats	High Salt Foods		
Butter	BBQ Sauce	Packet Soup	Salted Crackers
Ghee	Chips	Pretzels	Stock Cubes
Lard	Gravy	Salt	Soy Sauce
Palm Oil	Ketchup	Salted Nuts	Worcestershire

Beverages

1. Make water your drink of choice
2. Choose other drinks such as black coffee or unsweetened hot/iced tea
3. Avoid sugar-sweetened beverages
4. Avoid alcohol

Recipe Ideas

Mediterranean Baked White Fish



PREP – 10 MINS	SERVE WITH: <ul style="list-style-type: none">• Green salad or sautéed spinach• Brown rice or multigrain bread
COOK – 15 MINS	
SERVES – 4	

Ingredients

- 1.5 lb white fish fillet
- Ground black pepper
- Extra virgin olive oil
- Juice of ½ lemon
- 1 punnet cherry or grape tomatoes, halved
- 85g pitted olives, halved (Kalamata or combination with green olives)
- ½ red onion, finely chopped
- 4-5 garlic cloves, finely chopped
- 1 tablespoon fresh thyme leaves
- 2 teaspoons dried oregano

Method

1. Preheat the oven to 425 degrees F.
2. Pat the fish dry and season with pepper. Brush a baking dish with a small amount of extra virgin olive oil and put the fish inside. Squeeze the juice of ½ a lemon all over the fish.
3. In a medium mixing bowl, combine the tomatoes, olives, onion, garlic and herbs. Add some ground pepper and a generous amount of extra virgin olive oil (about 3 tablespoons) and toss to combine.
4. Pour the tomato and olive mixture over the fish.
5. Bake in the heated oven for 15-20 minutes (depending on the fish thickness).
6. Remove from the oven and serve.

Easy Cilantro Lime Chicken



PREP – 20 MINS	SERVE WITH: <ul style="list-style-type: none">• Baked vegetables or salad• Brown rice or Greek potatoes
COOK – 45 MINS	
SERVES – 4-6	

Ingredients

- 8 chicken thighs, bone in
- Extra virgin olive oil
- 6 garlic cloves, roughly chopped
- 1 cup dry white wine
- Juice of 2 limes
- 2 cups salt-reduced chicken stock
- 1 bunch of cilantro, stems removed, chopped more for garnish
- 1 teaspoon paprika
- ½ teaspoon ground nutmeg
- Salt and ground black pepper

Method

1. Preheat the oven to 375 degrees F.
2. In a small bowl, mix the paprika, nutmeg, salt and pepper. Pat the chicken thighs dry, and season each thigh on both sides with the spice mix. Let the chicken thighs sit at room temperature for 15 minutes.
3. Brown the chicken. When ready, heat 1-2 tablespoons of olive oil in a cast iron skillet. On high heat, brown the chicken thighs on both sides. Remove from the skillet and set aside.
4. Lower the heat and deglaze the skillet by pouring in the white wine. Let it cook for a few minutes then add the chicken stock. Bring the liquid to a simmer then add the lime juice and garlic.
5. Return the chicken to the skillet and add in the cilantro. Bring it to a high simmer for about 5 minutes.
6. Cover the skillet with the lid (or transfer to a casserole dish or Dutch oven with a lid). Bake in the heated oven for 45 minutes or until the chicken is fully cooked.
7. Remove from the oven and serve. Garnish with more cilantro if you like.

Mediterranean Fish Fillet, Shakshuka Style



PREP – 10 MINS

COOK – 30 MINS

SERVES – 4

SERVE WITH:

- Brown rice or multigrain bread

Ingredients

- 2 teaspoons ground coriander
- 2 teaspoons sumac
- 1 ½ teaspoons ground cumin
- 1 teaspoon turmeric
- 1 large brown onion, chopped
- Extra virgin olive oil
- 4 garlic cloves, chopped
- 1 green bell pepper, chopped
- 5 medium ripe tomatoes, roughly diced
- 3 tablespoons tomato paste
- Juice of 1 lime
- 1.5 lb cod fillet (or other white fish), cut into 4 pieces
- ½ cup chopped fresh parsley for garnish

Method

1. In a small bowl, combine the coriander, sumac, cumin and turmeric. Set aside.
2. In a large skillet heat 2 tablespoons of extra virgin olive oil. Sauté the onion on medium heat, then add the garlic and bell pepper. Cook, stirring regularly, until fragrant and golden in colour. This will take about 5 minutes in total.
3. Add the tomatoes and ½ the spice mix from step 1. Add the tomato paste, lime juice, ½ cup water, and pepper. Stir to combine. Bring to a high simmer, then turn the heat down to low-medium. Cover and cook for 10 minutes, stir as needed.
4. Season the fish with the remaining ½ of the spice mix. Gently add the fish fillets into the tomato mixture. Cook on medium-high briefly, then reduce to medium. Cover and cook for 10-15 minutes until the fish is cooked through.
5. Remove from the heat and top with fresh parsley. Serve immediately.

Greek Eggplant and Chickpea Bake



PREP – 20 MINS	SERVE WITH: <ul style="list-style-type: none">• Wholemeal pita bread• Greek yoghurt
COOK – 55 MINS	
SERVES – 4	

Ingredients

- 2 eggplants, cut into cubes
- Extra virgin olive oil
- 1 brown onion, chopped
- 1 green bell pepper, chopped
- 6 garlic cloves, chopped
- 1 carrot, chopped
- 2 dried bay leaves
- 1 ½ teaspoons paprika
- 1 teaspoon ground coriander
- 1 teaspoon dry oregano
- Ground black pepper and salt
- 800g tinned diced tomato
- 800g tinned chickpeas
- ½ cup chopped fresh parsley for garnish

Method

1. Preheat the oven to 400 degrees F.
2. In a large casserole dish, heat ¼ cup extra virgin olive oil over medium-high heat. Add the onion, pepper, and carrot. Cook for a few minutes, regularly stirring, then add the garlic, bay leaves, spices, salt and pepper. Cook until fragrant.
3. Add the eggplant, tinned tomato, and chickpeas. Stir to combine and bring to boil for 10 minutes, stirring often. Remove from the stove, cover, transfer to the oven.
4. Cook in the oven for 45 minutes until the eggplant is fully cooked. Be sure to check once or twice if more liquid is needed. If so, remove from the oven and stir in ½ cup of water at a time.
5. Remove from the oven and garnish with parsley. Serve immediately.

Spicy Lentil Soup with Spinach



PREP – 5 MINS

COOK – 30 MINS

SERVES – 4

SERVE WITH:

- Multigrain bread

Ingredients

- Extra virgin olive oil
- 1 brown onion, chopped
- 3 garlic cloves, chopped
- Salt and ground black pepper
- 1 ½ teaspoons ground coriander
- 1 ½ teaspoons ground cumin
- 1 ½ teaspoons sumac
- 2 teaspoons dried mint flakes
- 1.5L low salt vegetable stock
- 500g frozen spinach
- 2 cups green or small brown lentils, rinsed
- Juice of 1 lime
- 2 cups fresh parsley, chopped

Methods

1. In a large ceramic or cast iron pot, heat 2 tablespoons of extra virgin olive oil. Add the chopped onion and sauté until golden brown. Add the garlic, all the spices, and the dried mint. Cook for another 3 minutes on medium heat stirring regularly.
2. Add the stock along with an additional 3 cups of water. Raise the heat to high and bring the liquid to boil. Add the frozen spinach and the lentils. Cook for 5 minutes on high heat then reduce the heat to low-medium. Cover and cook for 20 minutes or until the lentils are fully cooked to tender (add additional hot water if needed).
3. Once the lentils are fully cooked, stir in the lime juice and chopped parsley. Remove from the heat and let sit covered for 5 minutes.

Mediterranean Roasted Vegetables and Barley



PREP – 10 MINS	SERVE WITH: <ul style="list-style-type: none">• Nothing!• Grilled chicken (as a main meal)
COOK – 50 MINS	
SERVES – 4	

Ingredients

- 1 cup dry pearl barley, washed
- 2 zucchini, diced
- 1 red bell pepper, diced
- 1 yellow bell pepper, diced
- 1 red onion, diced
- Salt and ground black pepper
- 2 teaspoons harissa spice
- 1 teaspoon smoked paprika
- Extra virgin olive oil
- 1 garlic clove, finely chopped
- ½ bunch parsley, chopped
- Juice of 1 lemon
- Feta cheese, to garnish
- Toasted pine nuts, to garnish

Method

1. Preheat the oven to 425 degrees F.
2. Place the pearl barley and 2 ½ cups of water in a sauce pan. Bring to a boil, then turn the heat down to low. Cover and cook for 30-40 minutes or until the barley is cooked through (tender but chewy).
3. Place the vegetables on a large baking tray. Season with salt, pepper, ½ teaspoon of harissa spice and ½ teaspoon of paprika. Drizzle with extra virgin olive oil and toss to coat. Spread evenly on the tray and roast for 25 minutes.
4. When the barley is ready, drain any excess water. Transfer it to a large bowl. Season with salt, pepper, and the remaining harissa spice and paprika.
5. Add the roasted vegetables, garlic, parsley, and lemon juice to the barley. Toss to combine. Dress with a good drizzle of extra virgin olive oil and top with feta and pine nuts.

Easy Shakshuka



PREP – 10 MINS

COOK – 30 MINS

SERVES – 4

SERVE WITH:

- Multigrain bread

Ingredients

- Extra virgin olive oil
- 1 brown onion, chopped
- 2 green bell peppers, chopped
- 2 garlic cloves, chopped
- 1 teaspoon ground coriander
- 1 teaspoon paprika
- ½ teaspoon cumin
- Salt and ground black pepper
- 6 medium tomatoes, chopped
- ½ cup tomato passata (or quality tomato sauce)
- 4 large eggs
- ¼ cup fresh parsley leaves, chopped
- ½ cup fresh mint leaves, chopped

Method

1. Heat 3 tablespoons of extra virgin olive oil in a large cast iron skillet. Add the onion, green peppers, garlic, spices, and a pinch of salt and pepper. Cook for about 5 minutes, stirring occasionally, until the vegetables have softened.
2. Add the tomatoes and passata. Cover and let simmer for 15 minutes. Uncover and cook for another 5 minutes to allow the mixture to reduce and thicken.
3. Using a wooden spoon, make 4 spaced out indentations, or “wells”, in the tomato mixture. Gently crack an egg into each indentation.
4. Reduce the heat, cover the skillet, and cook on low until the egg whites are set.
5. Uncover and remove from the heat. Add fresh parsley and mint to serve.

Grilled Chicken Tacos with Slaw and Lime



PREP – 10 MINS

COOK – 20 MINS

SERVES – 4

SERVE WITH:

- No additions needed

Ingredients

- 3 cups red cabbage, thinly sliced
- 1 carrot, thinly sliced into matchsticks
- ½ cup scallions/green onions, thinly sliced
- 4 tablespoons lime juice
- ½ cup Greek yoghurt
- ¼ cup cilantro, chopped, more for garnish
- 1 lb chicken tenders
- Extra virgin olive oil
- 1 tablespoon chili powder
- 8 corn tortillas, warmed
- 1 jalapeno pepper, thinly sliced
- Lime wedges, for serving

Method

1. Combine the cabbage, carrots, and scallions in a large bowl. Add 2 tablespoons of lime juice and a pinch of salt. Toss to combine.
2. Combine the Greek yoghurt, cilantro, and remaining 2 tablespoons of lime juice in a small bowl.
3. Heat a grill pan over high heat. Brush chicken tenders evenly with extra virgin olive oil and sprinkle with chili powder and a pinch of salt. Drizzle the hot pan with extra virgin olive oil. Add the chicken to the pan and cook, turning occasionally, until cooked through.
4. Divide the chicken among warm tortillas. Top with the cabbage slaw, the lime yoghurt and jalapeno slices. Garnish with cilantro and serve with lime wedges.

Easy Saag Paneer



PREP – 5 MINS

COOK – 25 MINS

SERVES – 4

SERVE WITH:

- Brown rice or naan bread

Ingredients

- 220g paneer cheese, cut into ½-inch cubes
- ¼ teaspoon ground turmeric
- Extra virgin olive oil
- 1 small brown onion, finely chopped
- 1 jalapeno pepper, finely chopped
- 1 garlic clove, minced
- 1 tablespoon fresh ginger, minced
- 2 teaspoons garam masala
- 1 teaspoon ground cumin
- 500g frozen spinach, thawed and finely chopped
- 2 cups plain yoghurt

Method

1. Toss paneer with turmeric in a medium bowl until coated. Heat 1 tablespoon of extra virgin olive oil in a large non-stick skillet over medium heat. Add the paneer and cook for about 5 minutes, flipping once, until browned on both sides. Transfer to a plate.
2. Add another 2 tablespoons of extra virgin olive oil to the pan. Add the onion and jalapeno and cook for about 8 minutes, stirring frequently until golden brown. Add the garlic, ginger, garam masala, and cumin. Cook, stirring well, until fragrant. Add the spinach and a pinch of salt. Cook for 5 minutes, stirring frequently until hot.
3. From the heat and stir in the yoghurt and paneer.

Spicy Vegetable Lo Mein



PREP – 15 MINS	SERVE WITH: <ul style="list-style-type: none">• No additions needed
COOK – 10 MINS	
SERVES – 4	

Ingredients

- 250g lo mein noodles
- 1 teaspoon sesame oil
- 350g Chinese broccoli
- 2 tablespoons reduced-sodium soy sauce
- 1 tablespoon rice wine
- 1 tablespoon Sriracha or other Asian hot sauce
- 2 tablespoons peanut oil
- 1 tablespoon fresh ginger, minced
- 1 tablespoon minced garlic
- 200g shiitake mushrooms, thinly sliced

Method

1. Bring a large pot of water to boil. Add noodles and cook according to pack instructions. Drain and rinse with cold water. Shake well to remove any excess water. Return the noodles to the pot and toss with sesame oil. Set aside.
2. Trim the broccoli by cutting the stalks and leaves into 2-inch long pieces. If the stalks are thicker than $\frac{1}{2}$ inch, cut in half lengthways.
3. Combine the soy sauce, rice wine and hot sauce in a small bowl.
4. Heat a wok or large heavy skillet over a high heat. Add 2 tablespoons of peanut oil, ginger and garlic, and stir-fry until fragrant. Add the mushrooms and broccoli and stir-fry for 2 minutes. Add in the noodles and soy sauce mixture, toss to combine. Cook for another 1-2 minutes until the noodles are heated through.

Chopped Salad with Chickpeas, Olives and Feta



PREP – 15 MINS	SERVE WITH: <ul style="list-style-type: none">• Nothing!• Grilled chicken (as a main meal)
COOK – 0 MINS	
SERVES – 4	

Ingredients

- 3 tablespoons extra virgin olive oil
- 2 tablespoons red wine vinegar
- 1 garlic clove, finely chopped
- Salt and ground black pepper
- 500g can of chickpeas, rinsed
- 1 large cucumber, diced
- 1 punnet cherry tomatoes, diced
- 1 red bell pepper, diced
- ½ cup fresh parsley, roughly chopped
- ½ red onion, roughly chopped
- ½ cup pitted Kalamata olives, halved
- ½ cup crumbled feta

Method

1. Whisk extra virgin olive oil, vinegar, and garlic, with a pinch of salt and pepper in a large bowl. Add the chickpeas, cucumber, tomatoes, bell pepper, parsley, onion, olives and feta. Toss to coat.

Frittata with Asparagus, Leek & Ricotta



PREP – 10 MINS	SERVE WITH: <ul style="list-style-type: none">• Multigrain bread
COOK – 10 MINS	
SERVES – 4	

Ingredients

- 8 large eggs
- ¼ cup crème fraiche
- Salt and ground black pepper
- 2 tablespoons extra virgin olive oil
- 2 medium leeks, thinly sliced and rinsed well
- 2x bunches of asparagus, trimmed and cut into 1-inch pieces
- ¼ cup low fat ricotta
- 2 tablespoons pesto
- ¼ cup fresh basil

Method

1. Preheat the oven grill/broiler. Position a rack in the upper third of the oven.
2. Whisk eggs, crème fraiche, and a pinch of salt and pepper in a medium bowl.
3. Heat extra virgin olive oil in a large cast-iron skillet over medium-high heat. Add leeks and asparagus and cook for about 5 minutes, stirring frequently until soft.
4. Pour the egg mixture over the vegetables and cook for a few minutes, lifting the edges so uncooked egg can flow underneath, until nearly set. Dollop ricotta and pesto on top and place the pan under the grill/broiler for 2 minutes until the eggs are slightly browned. Remove from the oven and let stand for a few minutes.
5. Run a spatula around the edge of the frittata, then underneath, until you can slide or lift it out onto a cutting board. Top with basil and serve.

Chole Masala (Chickpea Curry)



PREP – 15 MINS	SERVE WITH: <ul style="list-style-type: none">• Brown rice
COOK – 20 MINS	
SERVES – 4	

Ingredients

- 1 serrano pepper, cut into thirds
- 4 large garlic cloves
- 2-inch piece fresh ginger, peeled and coarsely chopped
- 1 medium brown onion, chopped
- 6 tablespoons extra virgin olive oil
- 2 teaspoons ground coriander
- 2 teaspoons ground cumin
- ½ teaspoon ground turmeric
- 800g tinned diced tomatoes (no-added salt)
- 800g tinned chickpeas, rinsed
- 2 teaspoons garam masala
- Fresh cilantro for garnish

Method

1. Pulse the serrano pepper, garlic and ginger in a food processor until minced. Scrape down the sides and pulse again. Add onion and pulse until finely chopped but not watery.
2. Heat the extra virgin olive oil in a large saucepan over medium-high heat. Add the onion mixture and cook for 3-5 minutes, stirring occasionally, until softened. Add coriander, cumin and turmeric. Stir well and cook for another 2 minutes.
3. Pulse tomatoes in the food processor until finely chopped. Add to the pan along with a pinch of salt. Reduce heat to maintain a simmer and cook for 5 minutes. Add chickpeas and garam masala, reduce heat to a gentle simmer, cover and cook for 5 minutes, stirring occasionally. Top with cilantro to serve.

Roasted Salmon and Vegetables



PREP – 20 MINS	SERVE WITH: <ul style="list-style-type: none">• Green leafy salad with balsamic• Grilled green vegetables
COOK – 35 MINS	
SERVES – 4	

Ingredients

- 1 pound potatoes, cut into wedges
- Extra virgin olive oil
- 5 garlic cloves, coarsely chopped
- Salt and ground black pepper
- 4 small skinless salmon fillets (pre-thawed if frozen)
- 2 medium red, yellow and/or orange bell peppers, cut into rings
- 2 punnets cherry tomatoes
- 1 bunch fresh parsley, chopped
- ¼ cup pitted Kalamata olives, halved
- ¼ cup fresh oregano or 1 tablespoon dried oregano
- 1 lemon

Method

1. Preheat oven to 425 degrees F. Place potatoes in a large bowl. Add 2 tablespoons extra virgin olive oil, garlic and a pinch of salt and pepper. Toss to combine. Transfer to a baking pan, cover with foil and roast for 30 minutes.
2. Combine the bell peppers, tomatoes, parsley, olives, oregano, and pepper. Drizzle with 2 tablespoons extra virgin olive oil and toss to combine.
3. Season salmon with pepper. Spoon the bell pepper and tomato mixture over the potatoes and top with salmon. Roast, uncovered for 10 minutes or until the salmon flakes.
4. Remove zest from lemon. Sprinkle the zest and juice from the lemon over the salmon and vegetables.

Kadhai Murghi (Wok-Seared Chicken and Vegetables)



PREP – 10 MINS

COOK – 30 MINS

SERVES – 4

SERVE WITH:

- Brown rice

Ingredients

- 2 teaspoons coriander seeds
- 1 teaspoon cumin seeds
- 1 teaspoon fennel seeds
- 1 tablespoon corn starch
- ½ teaspoon ground turmeric
- 1 pound skinless chicken breasts, timed and cut into 1-inch cubes
- 3 tablespoons extra virgin olive oil
- 2 large carrots, cut into ¼-inch-thick slices
- 1 large green bell pepper, cut into 1-inch pieces
- 1 small red onion, cut into ½-inch pieces
- 4 large garlic cloves, thinly sliced
- 3 dried red chillies, such as Thai, cayenne or chile de arbol
- 1 tablespoon lime juice
- ½ cup firmly packed fresh mint leaves, finely chopped

Method

1. Grind the coriander, cumin and fennel seeds in a spice grinder or with a mortar and pestle until the mixture resembles coarsely ground pepper. Transfer to a medium bowl and add corn starch, turmeric and a pinch of salt; stir to combine. Add chicken and stir until coated with the spice mixture.
2. Preheat a large flat-bottom wok or cast-iron skillet over high heat. Add 2 tablespoons extra virgin olive oil. Add carrots, bell pepper, onion, garlic and chillies. Cook for about 5 minutes, stir until the vegetables begin to brown. Transfer to a plate.
3. Reduce heat to medium-high and add the remaining oil. Add the seasoned spiced chicken and cook for 5-7 minutes or until no longer pink in the middle. Stir in the vegetables, lime juice and mint and cook for 30 seconds until heated through.