

Recipe for

CHICKEN STIR FRY

FROM THE KITCHEN OF
SIMPLIFY-ENCOURAGE-
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SERVES 4

TOTAL TIME 25 MINUTES

TIP: SPRINKLE A FEW CRUSHED RED PEPPER FLAKES TO SPICE IT UP. ADD TOASTED SESAME SEEDS OR CHOPPED NUTS FOR EXTRA FLAVOR & CRUNCH!

INGREDIENTS

1 LB BONELESS, SKINLESS CHICKEN BREAST, CUT INTO 1-INCH PIECES

2 CLOVES GARLIC, FINELY CHOPPED

2 TEASPOONS FINELY CHOPPED GINGERROOT

1 CUP CHICKEN BROTH

3 TABLESPOONS SOY SAUCE

2 TEASPOONS SUGAR

2 TEASPOONS CORNSTARCH

1 BAG FROZEN STIR FRY VEGETABLES

DIRECTIONS

1. THAW VEGETABLES IN COLANDER UNDER RUNNING WATER.
2. HEAT 1 TBSP. CANOLA OIL IN LARGE SKILLET OVER MEDIUM-HIGH HEAT.
3. ADD CHICKEN, GINGER, AND GARLIC TO PAN. STIR FRY 2-3 MINUTES OR UNTIL CHICKEN IS BROWN.
4. ADD 3/4 CUP OF THE BROTH, THE SOY SAUCE AND SUGAR. COVER AND COOK OVER MEDIUM HEAT 5 MINUTES, STIRRING OCCASIONALLY.
5. ADD THAWED VEGGIES, COVER AND COOK ABOUT 5 MINUTES, STIRRING OCCASIONALLY, UNTIL CHICKEN IS NO LONGER PINK IN CENTER AND VEGGIES ARE HEATED THROUGH.
6. MIX CORNSTARCH AND REMAINING 1/4 CUP CHICKEN BROTH. STIR INTO CHICKEN MIXTURE. COOK, STIRRING FREQUENTLY, UNTIL SAUCE IS THICKENED. SERVE OVER RICE OR NOODLES.