



Stir-Fried Chicken and Vegetables

Servings 4 | Prep time 10 mins. | Total time 40-55 mins.

Equipment:

2-quart saucepan
Small mixing bowl
Cutting board
Wok or large skillet

Utensils:

Knife
Whisk or fork
Spatula or wooden spoon

Ingredients

3 cups brown rice, cooked
3 tablespoons lite soy sauce
1/4 cup water
1 tablespoon honey
1 tablespoon corn starch OR 3 tablespoons flour
1 1/2 tablespoons olive oil OR vegetable oil
2 cloves garlic, minced OR 2 teaspoons garlic powder
16 ounces boneless skinless chicken breast, cut into 1-inch cubes
1 onion, chopped
3 cups frozen stir-fry vegetable mix (such as broccoli, carrots, peppers, cauliflower, green beans, baby corn)

Nutritional Information:

Calories 430
Total Fat 10g
Sodium 510mg
Total Carbs 51g
Protein 33g

Instructions

1. Before you begin wash your hands, surfaces, utensils, and vegetables.
2. Use a whisk or fork to mix together soy sauce, water, honey, and cornstarch in a small bowl.
3. In a large frying pan or wok, heat oil over medium heat until oil is shimmering.
4. Add minced garlic and sauté about 1 minute or until golden.
5. Add chicken to pan. Cook 7-10 minutes, stirring frequently, until cooked through. Push cooked chicken to the side of the pan to keep warm.
6. Add onions to center of pan. Cook for about 5 minutes, stirring occasionally until slightly tender and clear. Mix onions with cooked chicken and push to the side of the pan.
7. Add frozen vegetables and sauté, stirring occasionally, for 2-3 minutes. Cover and continue to cook until vegetables are tender and heated through, about 2-4 more minutes. Mix vegetables with onions and chicken and push to the side of the pan.
8. Pour soy sauce mixture into center of the pan. Heat for about 2 minutes, stirring occasionally, until sauce is thickened.
9. Toss chicken and vegetable mixture with sauce and serve immediately over cooked brown rice.

