



Cut at the line for a 4x6 Recipe Card

Everyday Recipes: everydayrecipes.ca

Chicken Stir-fry

(Dinner)

Ingredients:

- 2 -1/4 cups water or chicken stock
- 1 cup long-grain rice
- 2 tbsp vegetable oil
- 1 lb boneless, skinless chicken breasts, cut into strips
- 2 cups broccoli florets
- 3 carrots, sliced
- 1 clove garlic
- 1 tsp minced fresh ginger root
- 1 green onion chopped
- 2 tbsp chopped red pepper
- 2 tbsp hoisin sauce
- 1/4 tsp tabasco sauce

Directions:

In large saucepan, bring 2 cups of water to boil over high heat; stir in rice reduce heat to med-low; simmer, covered, for 15 min. Remove saucepan from heat let stand covered 5 minutes. In a wok heat oil over high heat. Add chicken and stir-fry 2 minutes until no longer pink inside. Remove with slotted spoon; set aside. Add broccoli, carrots, garlic ginger root, green onion and red pepper to wok; stirfry 1 minute. Stir in remaining water and cover. Steam 3-5 minutes, until broccoli is just tender-crisp. Stir in chicken with any juice rice, hoisin and tabasco sauce. Stir-fry 1 minute. Serve.

everyday
recipes.ca
great food | made easy!