



CHICKEN STIR FRY

Prep Time: 20 minutes

Cooking Time: 15 minutes

Difficulty Rating: ●○○○○○

Ingredients:

Balsamic Reduction

1 cup balsamic vinegar

1 tablespoon sugar

Stir Fry

1 tablespoon + 1 teaspoon vegetable oil, divided use

2 carrots, thinly sliced

½ yellow and red bell pepper, cored, seeded and thinly sliced

1 Cup shredded cabbage

Baby Spinach leaves

1 lbs boneless skinless chicken breast, cut into salt and pepper to taste

4 cloves of garlic, minced

¾ cup chicken broth

1½ teaspoons sugar

1 tablespoon soy sauce

2 teaspoons sesame oil

2 teaspoons cornstarch

2 tbps Sesame seeds

Together, made better, with you:

Method

Balsamic Reduction

1. In a small saucepan, combine vinegar and sugar. Bring to a boil.
2. Reduce heat to medium-low, stirring occasionally and simmer 20-30 minutes.
3. Remove from heat and let sauce thicken as it cools.

Stir Fry

1. Place 1 teaspoon of oil in a large pan and heat over medium high heat.
2. Add the carrots, cabbage, and bell peppers, and spinach to the pan. Cook for 5-6 minutes or until vegetables are tender.
3. Remove the vegetables from the pan; transfer to a plate and cover with foil to keep warm.
4. Wipe the pan clean with a paper towel, then heat the remaining tablespoon of oil over high heat.
5. Add the chicken to the pan in a single layer and season with salt and pepper to taste.
6. Cook for 3-4 minutes per side, or until chicken is browned and cooked through.
7. Lower heat to medium, add the garlic and cook for 30 seconds.
8. Add the vegetables back to the pan.
9. Add balsamic reduction to the pan to coat chicken and vegetables
10. Pour the sauce over the chicken mixture and bring to a simmer.
11. Simmer for 1-2 minutes or until sauce has just thickened.
12. When dished, sprinkle sesame seeds to finish and enjoy!

megamaster

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