

CHICKEN STIR-FRY WITH VEGGIES AND BROWN RICE

Preparation: **15** mins. | Cooking: **15** mins. | Servings: **4**

INGREDIENTS

For the Marinade

1 lb. chicken breasts, cut into bite-size pieces
1/4 cup soy sauce
1 tbsp. lemon juice
1 tbsp. honey
1 tbsp. sesame oil
1 tbsp. rice wine vinegar
1/2 tsp. red pepper flakes

For the Stir Fry

3 garlic cloves, minced
3 large carrots, peeled and julienned

1 large red bell pepper, julienned
1 large yellow bell pepper, julienned
1 cup snow peas, sliced into 1-inch pieces
8 oz. button mushrooms, sliced thinly
4 cups cooked brown rice
2 cups frozen broccoli, defrosted
2 tbsp. olive oil, divided
1 tbsp. cornstarch or arrow-root powder
Sliced green onions and toasted sesame seeds, for serving



INSTRUCTIONS

In a medium-size bowl, whisk together the soy sauce, lemon juice, honey, sesame oil, rice wine vinegar and red pepper flakes. Add the chicken and then toss to coat. Let it marinate in the fridge while you chop the veggies. When you have the veggies ready to go, heat a large wok or pan over high heat. Add one tablespoon of olive oil. Drain the chicken from the marinade, reserving the marinade. Add the chicken to the wok, and cook until it is cooked through, about five minutes. Move the chicken to a plate. Pour the remaining olive oil into the wok/pan and then add in the garlic. Cook for a minute or until fragrant. Add the carrots, bell peppers, snow peas and mushrooms. Cook until bright in color and crisp, about three minutes. Add the broccoli and cooked chicken. Reduce to low heat. Whisk cornstarch into the reserved marinade and then pour it into the wok. Bring to a simmer, and cook until thick, about five minutes. Serve on top of brown rice, and top with green onions and toasted sesame seeds.