



## Chicken Asparagus Stir Fry

12 chicken tenderloins  
1 bunch asparagus, cut into 1½-inch pieces (discard coarse ends)  
4 scallions, white and green parts chopped  
Zest of one small lemon  
Juice of the small lemon  
1 cup chicken broth  
¼ cup coriander  
3 large garlic cloves, minced  
2 tablespoons soy sauce  
Salt & Pepper  
Peanut oil

- Rinse and pat dry the chicken.
- Heat a large skillet or wok until hot. Add 2 tablespoons oil.
- Rub the chicken with coriander and black pepper.
- Place in the skillet and cook for 2 minutes. Flip and cook for an additional 2 minutes. Remove from pan.
- Wipe skillet or wok clean. Add 1 more tablespoon peanut oil. Heat. Add the garlic and cook for 1 minute, stirring frequently.
- Add the asparagus, the chicken stock and the soy sauce. Stir.
- Steam for 4 minutes. Return the chicken to the pan.
- Add the lemon juice, lemon zest and scallions.
- Mix well. Cook for another 4 minutes, until chicken cooks through and liquid dries up some.
- Serve immediately with white rice.
- Enjoy!!

