



1 skinless, boneless chicken breast

1/2 pound peeled and deveined shrimp

1 large lemon, juiced

1 medium orange, juiced

1 TBS sesame oil

4 scallions, chopped - white, light green and dark green

6 garlic cloves, peeled and smashed

1 jalapeno pepper, sliced

1 bunch cilantro, chopped

Cut the chicken into long 1-inch thick strips. Place into a large bowl or container. Add the shrimp. Mix all of the remaining ingredients in a separate bowl and pour onto the chicken and shrimp. Using your hands, toss the ingredients well until all the meat is well coated. Cover and refrigerate for one hour.

You will also need:

2 TBS peanut oil

6 to 8 baby broccoli

12 green beans, trimmed and halved

18 snap peas

1 TBS soy sauce

1/2 TBS black bean spicy sauce (found in the Asian section of your grocery store)*

1/2 cup bean sprouts

***Black bean spicy sauce is quite, well, spicy! You can use any other stir fry sauce if you prefer. You can also forget the sauce completely and use minced garlic and minced ginger instead. Place it in the hot skillet or wok with the chicken when you are cooking it. Your final result will be very, very good regardless!**



Heat a large skillet or wok with 1 TBS of peanut oil until oil starts smoking. Remove the meat from the marinade and separate the chicken from the shrimp. Add the chicken on to the pan and cook, flipping, until the chicken is starting to brown and is cooked through - about 5 minutes. Remove the chicken and set aside.

Add the remaining peanut oil into the skillet and heat. Add the broccoli, green beans and snap peas. Cook for a couple of minutes and add the shrimp. Add the soy sauce. Cook, tossing, for 3 to 4 minutes until shrimp starts getting pink. Add the bean chili sauce and mix well. Return the chicken to the pan and toss to mix and heat through. Add the bean sprouts and remove from heat.

Serve with rice or Chinese noodles. Enjoy!

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