



## Chicken Broccoli Stir-Fry

1 chicken breast - skinless, cut into strips  
4 garlic cloves – minced  
6 scallions - white, light green and dark green chopped  
1 TBS ginger – minced  
1 cup broccoli florets  
1 cup snow peas – trimmed  
8 large white mushrooms – sliced  
1/2 cup bean sprouts  
1/2 cup chicken stock  
1/4 cup soy sauce  
1/4 cup rice vinegar  
1/2 TBS cornstarch  
1/2 tsp. red chili flakes – optional  
4 TBS peanut oil

Mix the chicken stock, soy sauce, rice vinegar, cornstarch and chili flakes in a bowl. Whisk well and set aside.

Season the chicken strips with salt and pepper. Coat all pieces well.

Heat a wok style skillet with some peanut oil until starting to smoke. Add the garlic, ginger and scallions. Cook, stirring constantly, for a couple of minutes. Add the chicken and cook, stirring constantly, until cooked through. The cooking time will depend on the thickness of your chicken. Set aside.

Add the remaining peanut oil and heat again. Add the broccoli, snap peas and mushrooms. Stir frequently for about 3 minutes. Return the chicken to the pan. Add the bean sprouts and liquid. Mix well and cook until heated through and sauce thickens a bit. Serve and enjoy!