



Deer Run CHICKEN STIR-FRY

A RECIPE FROM CHEF GEORGE MORAN

PREP: 20 minutes

SERVES: 6

COOK: 25 minutes

INGREDIENTS

RICE

- 2 cups rice
- 4 cups water

SAUCE

- $\frac{3}{4}$ cup soy sauce
- $\frac{1}{2}$ cup pineapple juice
- $\frac{1}{4}$ cup brown sugar
- $\frac{1}{4}$ teaspoon garlic powder
- 1 tablespoon cornstarch

STIR-FRY

- 1 tablespoon fresh minced ginger
- 1 tablespoon fresh minced garlic
- 1 pound cooked boneless chicken sliced thin
- 1 tablespoon sesame oil (can substitute oil)
- 1 green pepper cut into thin strips
- 1 red pepper cut into thin strips
- $\frac{1}{2}$ medium onion cut into thin strips
- 2 carrots peeled and angle cut into thin strips
- 1 broccoli crown

DIRECTIONS

Bring rice and water to a boil in a saucepan over high heat. Reduce heat to medium-low, cover, and simmer until rice is tender, and liquid has been absorbed, 20 to 25 minutes.

Combine soy sauce, pineapple juice, brown sugar, and corn starch in a small pan; stir until smooth. Bring to a boil while stirring to create sauce. Sauce will thicken as it comes to a boil.

Heat 1 tablespoon sesame oil in a large skillet over medium-high heat. Add ginger and garlic to pan. Then add vegetables, cook and stir bell pepper, broccoli, carrots, and onion until just tender, about 5 minutes. You must continuously stir mixture.

Add chicken to pan and continue to stir. Cook all ingredients for approximately 2 minutes or until chicken is heated thru. Add sauce and stir to coat chicken and vegetables. Remove from heat and serve over rice.

