



## CHICKEN STIRFRY

METRIC	INGREDIENTS	IMPERIAL
$\frac{1}{2}$ per person or as available	boneless, skinless chicken breast, cut into cubes or strips	$\frac{1}{2}$ per person or as available
as desired	veggies (e.g.-green pepper, mushrooms, onion, tomatoes, broccoli, water chestnuts, zucchini)	as desired
50mL	soya sauce	3 tablespoons
30mL	brown sugar	2 tablespoons
15mL	oil	1 tablespoon
5mL	balsamic or red wine vinegar	1 teaspoon
1 clove	garlic, chopped	1 clove
1mL	pepper	$\frac{1}{4}$ teaspoon

1. Prepare chicken and veggies. Keep chicken and veggies separated.
2. In a medium bowl, combine remaining ingredients except chicken and veggies.
3. Pour some marinade over chicken and veggies, still keeping them separate, and stir.
4. Marinate as time permits or up to 30 minutes.
5. Measure an additional 25mL / 2 tablespoons of oil into a frying pan or wok.
6. Briefly heat oil on medium high.
7. Add chicken and cook for a few minutes, stirring with a fork or wooden spoon.
8. Add veggies and any remaining marinade and cook with chicken until veggies are tender-crisp and chicken is cooked throughout.
9. Serve with cooked rice or steam-fried noodles.