

Spring Stir Fry with Chicken

Adapted from AICR, <https://www.aicr.org/cancer-prevention/recipes/spring-stir-fry-with-chicken/>

Ingredients/Shopping List

- 1 tablespoon sesame oil
- 5 cloves garlic, minced
- 1 tablespoon fresh ginger, minced (about 1 inch of ginger root)
- 6 spring onions, chopped (chives, scallions, green onions all work well)
- Salt to taste (start with a teaspoon)
- 1 lb boneless skinless chicken, cut into ½ inch strips or cubes
- 1 large onion, chopped
- 1 package broccoli slaw (about 12 oz; ok to use cabbage slaw mix or other preferred vegetables)
- ¼ teaspoon red pepper flakes
- 2 tablespoons low sodium soy sauce
- 1 ½ teaspoons honey
- 1 tablespoon cornstarch
- ½ cup water
- 3 cups cooked brown rice for serving (or cauliflower rice for a low carb option)

Tips for the live Virtual Kitchen:

- we will be chopping all ingredients together, you don't need to do that in advance.
- we will not be cooking the rice during the teaching kitchen

Instructions

1. Heat oil in a wok or large skillet. Add white onion and cook for about 2 minutes until soft and translucent. Then add the chicken and salt, and brown the chicken stirring occasionally. Add garlic and ginger, and cook for another 3-4 minutes.
2. Add broccoli slaw to the skillet and cook for another 3-5 minutes until broccoli softens.
3. Mix soy sauce, honey, cornstarch and water.
4. Add spring onions and soy sauce mixture to the skillet. Cook just until sauce thickens, about another minute.
5. Serve over rice.