

Saturdays *with the* Chef

Honey Garlic Chicken Stir Fry

Recipe:

- 1 lb. raw chicken breast, cut into thin strips
- 1/3 cup Honey
- ¼ cup soy sauce
- 1 Tbsp. chopped garlic
- 1 tsp fresh ginger, chopped
- 1Tbsp oil
- 1Tbsp sesame oil
- 1 Zucchini
- 1 Squash
- Bell Peppers
- Scallions

1. Place the chicken strips in a bowl and set aside.
2. Combine the honey, soy sauce, garlic and ginger in a small bowl and pour half over the chicken (reserve the other half for later), stir the chicken to coat, cover and refrigerate for at least 15 minutes.
3. Meanwhile heat a large skillet over medium heat and add both Oils. Once hot (should be able to see some smoke from oil), add zucchini, squash, bell pepper and onion and sauté until crisp-tender and slightly charred (about 4 minutes). Remove from skillet to a plate to keep warm.
4. Add the a little more oil, if needed and then add the chicken (discard any used marinade). Cook chicken, or until caramelized and cooked through. Quickly add the veggies and reserved sauce to the skillet and heat through.
5. Serve over hot cooked rice.

