

Chicken, Bok Choy & Garlic Stir-fry

Preparation time: 1 hour / Serves 4



INGREDIENTS

Marinade

- 3 chicken breasts, boneless and skinless
- 1 Tablespoon Chinese rice wine
- 1 FOXY-brand green onion, diced
- 2 teaspoons cornstarch

Vegetables

- 3 FOXY-brand bok choy
- 1 pound FOXY-brand snow peas
- 1 red pepper
- 1 green pepper

Sauce

- 1/3 cup chicken or vegetable broth
- 2 Tablespoons water
- 3 teaspoons rice vinegar
- 2 clove garlic, finely chopped

Other

- 1 teaspoon cornstarch
- 4 teaspoons water
- 5 Tablespoons oil for stir-frying, divided
- cooked rice or noodles, optional

PREPARATION

Marinade Cut chicken into thin strips, about 2-inches long. Add rice wine, FOXY-brand green onion and cornstarch and marinate 30 minutes.

Vegetables Separate FOXY-brand bok choy leaves and stalks, rinse and pat dry with paper towels. Keeping them separate, cut leaves and cut stalks cross-wise into thin strips. From FOXY-brand snow peas, remove tip and side string. Slice red and green peppers into thin strips.

Sauce Combine ingredients and set aside.

Other Combine cornstarch and water in a small bowl and set aside.

COOKING

Heat 2 Tablespoons oil in wok, add chicken and stir-fry until it turns white and is nearly cooked. Drain on paper towels.

Wipe wok clean and heat 3 Tablespoons oil. Add FOXY-brand bok choy stalks, snow peas and green and red peppers. Stir-fry briefly 3–4 minutes, add FOXY-brand bok choy leaves and stir 30 seconds.

Push vegetables to the sides of wok and add sauce in middle. Bring sauce to a boil, add cornstarch/water mixture and stir rapidly to thicken. Add chicken and mix to heat all.

May be served with rice or noodles.