

Dinner

Quick Chicken and Snow Pea Stir-Fry

15 Mins Prep Time 15 Mins Cook Time

4 Servings

345 Calories 19g Fat 16g Carbs 25g Protein *Nutritional analysis does not include rice*

Ingredients

2 4 Servings 2 30 Mins Total Time

○ Allergens: Shellfish, Sesame

Sauce Ingredients

1/2 Cup Chicken Broth

1/4 Cup Oyster Sauce

1 Tbsp Seasoned Rice Vinegar

3 Cloves Garlic, minced

1 Tbsp Ginger, finely minced 💔

1 Tsp Sriracha®, optional

Stir Fry Ingredients

1 lb. Boneless, Skinless Chicken Thighs, vut into bite-sized pieces

2 Tbsp Corn Starch

1 Tbsp Olive Oil

1 Tbsp Sesame Oil

6 oz Snow Peas, washed

Salt and Pepper, to taste

Sesame Seeds, to garnish



Nourishment Note



Ginger

Ginger is known for its anti-nausea properties, which can help to soothe an upset stomach. The anti-nausea effect is increased when paired with a protein, such as chicken.



Snow Peas

Snow peas are an excellent source of vitamin C. Vitamin C is a powerful antioxidant and is important for the immune system.



Ohicken

Chicken is a good source of lean protein. Protein needs may be elevated if fighting an active infection.

Allergen Swap

Shellfish Replace oyster sauce with hoisin sauce

Sesame Omit sesame oil, replace with additional olive oil; omit sesame seeds



Instructions

1. Wash Hands

Wash hands with soap and water.

2. Prepare Sauce

In a small bowl, whisk together the chicken broth, oyster sauce, rice vinegar, ginger, garlic and Sriracha®. Set aside.

3. Season Chicken

Add cut chicken to a large bowl and season with salt and pepper. Toss seasoned chicken with cornstarch until evenly covered.

4. Cook

In a large skillet, heat the olive and sesame oils over medium heat. Working in batches, if necessary, cook the chicken in a single layer until cooked through and golden brown, about 7-8 minutes. Add the sauce and cook for 3-4 minutes, allowing the sauce to thicken. In the last two minutes of cooking, add the snow peas and cook until tender.

5. Serve

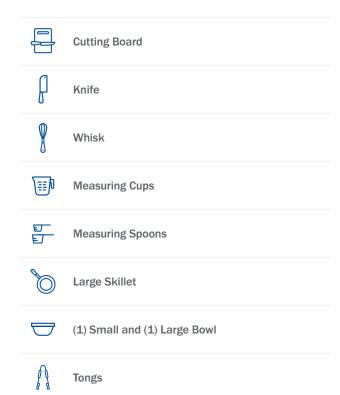
Serve immediately over rice and garnish with sesame seeds, if desired.

6. Wash Hands

Wash hands with soap and water.

Recipe created by Meijer Specialty Pharmacy
Registered Dietitians

What You'll Need



Fatigue Buster

- · Purchase pre-minced garlic
- Purchase pre-minced ginger or ginger paste
- · Purchase ready-to-eat snow peas