

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

**4 Servings** **30 Mins Total Time**

**Allergens:** Shellfish, Sesame

### Sauce Ingredients

**½ Cup** Chicken Broth

**¼ 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,   
cut 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.



#### **Chicken**

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



Cutting Board



Knife



Whisk



Measuring Cups



Measuring Spoons



Large Skillet



(1) Small and (1) Large Bowl



Tongs

### Fatigue Buster

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