

Chicken Stir Fry

The vegetables in this recipe make this dish colorful and healthy. This recipe can be made with any meat, but we will be using chicken for the recipe. The meat you can try can be fish, shrimp, beef, and etc. This recipe is great for dinner. Left-overs will make a good lunch. The aroma of vegetables combined with the chicken will have your mouth-watering before you eat your very first spoon full.



Ingredients:

About 1 $\frac{1}{2}$ pounds of skinless chicken breast
1 tablespoon soy sauce
1 tablespoon fresh ginger, grated
1 bunch broccoli
1 cup fresh mushrooms
1 red pepper

$\frac{1}{2}$ small onion
1 teaspoon corn starch
 $\frac{1}{2}$ cup of water
1 tablespoon oil

Directions:

Cut chicken into small chunks. Place chicken in a bowl and add soy sauce and ginger. Chop broccoli into small pieces or florets. Slice the mushrooms, chop the onion, and cut the pepper into thin strips. Place the cut up broccoli, red pepper, onion, and mushrooms in a separate bowl. In another bowl mix the corn starch with the water until its smooth. Heat up oil in a wok or frying pan and add the chicken and sauce mixture. Cook chicken until its almost done. Turn the heat up and add all the vegetables and stir for about 2 to 3 minutes. Pour the corn starch mixture into the stir fry and cook until the sauce thickens. Serve this dish hot.

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