



Making the chicken that makes your menu.™



## Chicken and Vegetable Stir Fry

Great ideas from the Chefs at Brakebush



### The Recipe

- 3 oz. 5247 Brakebush Ginger Teriyaki Breast Strips  
or 5211 Brakebush Grilled Breast Fillet Strips
- 2 oz. Long grain white rice (cooked)
- 1 oz. Asian Menu Sesame Garlic Sauce
- 1 oz. Baby corn
- ¾ oz. Snow or snap peas
- ½ oz. Carrots (sliced at angle)
- ½ oz. Bok Choy (chopped)
- ½ oz. Yellow onion (cut pedals)
- ½ oz. Red pepper (cut in half inch squares)
- ½ oz. Green onion (cut in one inch pieces)
- ½ tsp. Vegetable oil

#### Method:

1. In a skillet or Wok heat oil and stir fry vegetables and chicken about 45 seconds (high heat).
2. Add sauce to coat chicken and vegetables. Let thicken slightly.
3. Serve atop the cooked rice.

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## Chicken and Vegetable Stir Fry



### #1 Ingredients:

5247 Ginger Teriyaki  
Breast Strips  
Long grain  
white rice (cooked)  
Asian Menu Sesame  
Garlic Sauce  
Baby corn  
Snow or snap peas  
Carrots  
Bok choy  
Yellow onion  
Red pepper  
Green onion  
Vegetable oil



### #2

In a skillet or Wok  
heat oil and stir fry  
vegetables and  
chicken about  
45 seconds  
(high heat).



### #3

Add sauce to coat  
chicken and  
vegetables.



### #4

Let thicken slightly  
and serve atop the  
cooked rice.