

## DINNER

### *Chicken Stir -fry*

Serves 4

- **Ingredients**
  - 2 boneless skinless chicken breasts (cut into bite size pieces)
  - 16 ozs frozen stir-fry vegetable blend (or fresh vegetables of your choice)
  - 1 tbsp olive oil (or oil of your choice)
  - 1 **chicken** (pouch McCormick Sesame, Stir-Fry Skillet Sauce)
- 2 cups **Trukai brown rice** (or cooked rice)

### **Directions**

1. Heat oil in skillet on medium-high heat. Add chicken pieces to the hot oil, cook and stir for about 5 minutes
2. Add the frozen vegetables to the pot. Stir and cook until vegetables are tender and chicken is cooked through.
3. About 5 minutes. Stir in the sauce, and bring to a boil. Reduce the heat, and simmer for about 1 minute or until heated through.
4. Serve with **Trukai Jasmine rice**.