

## LUNCH

Serves 4

### ***Garlic Chicken Stir-fry***

3 tbsps **canola oil**

1 lb **boneless chicken breast** (cut into bite-sized pieces)

4 cloves **garlic** (minced)

1 **green bell pepper** (or large red, seeded & chopped)

4 ozs **snow peas**

1/4 cup **cashew nuts**

1/4 cup **green onions** (sliced)

1/2 cup **low sodium chicken broth**

2 tbsps **soy sauce**

1 tbsp **corn starch**

1/2 tsp **ground ginger**

2 cups **Trukai Jasmine or Trukai Long grain rice**

### **Directions**

Prep Time | 15 mins    Cooking Time | 10 mins    Total Time | 25 mins

1. In large skillet, heat 2 Tablespoons oil over medium-high heat. Add chicken and garlic. Stir fry 3 minutes or until chicken turns white. Add remaining oil, pepper, snow peas, cashews, and green onion. Stir fry 1 minute.

2. In small bowl, stir chicken broth, soy sauce, corn starch and ginger until smooth. Stir into chicken mixture. Bring to a boil over medium heat while stirring. Boil 1 minute, or until mixture thickens a bit.

3. Serve over hot cooked **Trukai Jasmine or Trukai Long Grain rice**