

Honey Garlic Chicken Stir Fry

Theme: People's Choice Winner - China

PREP TIME: 10 MINUTES * COOK TIME: 20 MINUTES

SERVINGS: 4

Ingredients

- 2 tablespoons olive oil
- 1/2 bundle asparagus cut into pieces
- 4 ounce mushrooms sliced
- 1 small yellow squash sliced
- 1 small zucchini sliced
- 1 red bell pepper cut into chunks
- salt and pepper
- 1 pound chicken cubed
- 1/4 cup soy sauce
- 1/4 cup honey
- 1 teaspoon sesame oil
- 1/2 cup chicken broth
- 3 cloves garlic minced
- 2 teaspoons cornstarch
- pinch of red pepper flakes
- Serve with rice

Instructions

1. In a large skillet over medium high heat, add the olive oil. Sauté the veggies, asparagus, mushrooms, yellow squash, zucchini, bell pepper and salt and pepper until tender. Remove from the pan and set aside on a plate.
2. Add the chicken and cook until tender and no longer pink. In a small bowl, whisk soy sauce, honey, sesame oil, chicken broth, garlic and cornstarch.
3. Add the vegetables back to the skillet with the chicken and pour sauce on top. Simmer until sauce starts to thicken and serve over rice if desired.

