



RECIPE CARD

Easy Weeknight Stir - Fry

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Easy Vegetable Stir Fry is a mixture of colorful vegetables sautéed in a sweet and savory sauce that makes for a simple weeknight meal! Less than 30 minutes to make from start to finish!

Ingredients

1 cup quinoa or rice of choice
2 cups + 1 cup vegetable
broth
1/4 teaspoon Kosher salt
2 teaspoons + 1 tablespoon
vegetable oil
1 pound chicken breasts
2 cups shredded carrots
3 cups broccoli florets
1 orange or red bell pepper
2 tablespoons low sodium soy
sauce
1 tablespoon minced, peeled
ginger
2 teaspoons honey
1 tablespoon cornstarch
3 tablespoons rice vinegar

Directions

1. To cook the quinoa or rice: In a medium pot, combine the quinoa or rice, 2 cups vegetable broth and salt. Set pot over medium - high heat and bring to a boil. Reduce heat and simmer, stirring occasionally until cooked and all of the liquid is absorbed, about 15 - 20 minutes.
2. While the quinoa and rice is cooking, prepare the stir - fry. Set a non - stick wok, cast - iron or deep - sided pan over medium - high heat. Add 1 teaspoon of the vegetable oil. Once hot, add half of the chicken. Cook, stirring frequently until no longer pink, about 5 minutes. Remove chicken from the pan and keep warm. Add another teaspoon of vegetable oil and cook remaining chicken. Remove from the pan and keep warm. Add another teaspoon of vegetable oil and cook remaining chicken. Remove from the pan and combine with other cooked chicken and keep warm.
3. Add the remaining vegetable oil to the pan. Add the carrots, broccoli, and red bell pepper and cook until vegetables are slightly softened, but still crunchy, about 3 - 4 minutes. Whisk together the remaining vegetable broth, soy sauce, ginger, honey, cornstarch and vinegar; add to the pan and bring to boil, cooking until thickened, about 1 minute.
4. Add the cooked chicken back to the pan and cook an additional 1 - 2 minutes.
5. To serve, portion 1/2 quinoa or rice on each plate and top with 1 cup stir fry mixture. Serve with optional sides such as crushed red peppers, thinly sliced scallions, shallots or toasted sesame seeds.

