

Chinese Chicken with Vegetables



PREPARATION TIME

10 minutes



COOKING TIME

30 minutes



PERFECT PARTNER

chow mein noodles



Green onions come in batches of six or eight. Keep the remaining onions from drying out by storing them in a self-sealing plastic bag with a damp paper towel. Chop them as needed.

SHOPPING LIST

- soy sauce • carrots
- chicken • bell peppers
- green onions

ON HAND

- brown sugar • cornstarch
- vinegar • oil • ground ginger

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INGREDIENTS

- 1/2 cup light brown sugar
- 2 tablespoons cornstarch
- 1/4 teaspoon ground ginger
- 1/2 cup vinegar
- 2 tablespoons soy sauce
- 1/2 cup water
- 2 tablespoons vegetable oil
- 6 skinless, boneless chicken breasts (4 ounces each)
- 2 green bell peppers, cut into strips
- 2 carrots, thinly sliced
- 3 green onions, sliced

SERVES 6

COOK'N
Express

- Before cutting the chicken, place in the freezer briefly. This will make slicing the raw chicken much easier.

Make Ahead

Prepare the brown sugar mixture in step 1 up to 8 hours ahead. Cover and place in the refrigerator.

VARIATION

For an authentic flavor twist, add 1 (18 ounce) can pineapple chunks to recipe in step 3.

1 Combine brown sugar, cornstarch and ginger in a medium bowl; mix well. Stir in vinegar, soy sauce and water. Cut chicken into bite-size pieces.



2 Heat oil in a large skillet over high heat. Add chicken; stir-fry for 8 minutes or until chicken is cooked through. Add peppers, carrots and green onions; stir-fry until crisp, about 2 minutes.

3 Add brown sugar mixture to skillet; stir. Cover; reduce heat. Cook, basting occasionally, until sauce is thickened, about 20 minutes. Spoon chicken and vegetables onto a serving platter.



Presentation Idea:

This colorful chicken and vegetable dish can be served over a variety of oriental noodles—such as chow mein, lo mein or rice noodles. To dress up the dish, garnish with green onion brushes and finely chopped peanuts.