



PREP TIME : 15 MIN

COOK TIME : 20 MIN

SERVES : 4

Ingredients :

- ***1/4 cup (60 mL) VH[®] Teriyaki Stir-Fry Sauce***
- ***1 tsp. (5 mL) grated ginger root***
- ***1 clove garlic, minced***
- ***1 lb. (454 g) of uncooked, skinless, boneless (chicken or turkey) cut into thin strips***
- ***1/4 cup (60 mL) fresh, minced coriander (optional)***
- ***3 cups (750 mL) shredded Chinese (Napa) cabbage***
- ***1 cup (250 mL) bean sprouts***
- ***4 green onions, minced***
- ***1/4 cup (60 mL) vegetable oil***
- ***2 Tbsp. (30 mL) each sesame oil, VH[®] Soya Sauce, and lemon juice***
- ***2 tsp. (10 mL) cornstarch***
- ***1/4 lb. (125 g) snow peas, steamed***
- ***1/4 cup (60 mL) toasted sesame seeds***

Directions :

- 1. In a bowl mix together VH[®] Teriyaki Stir-Fry Sauce, ginger, garlic and meat, marinate in refrigerator for 1 hour.***



Warm Oriental Chicken Salad

- 2. In a large bowl mix together coriander, Chinese lettuce, bean sprouts and green onions & set aside.*
- 3. Take meat out of marinade; reserve 1/4 cup (60mL) of marinade for later use.*
- 4. In large fry pan, heat 1 Tbsp. (15mL) oil over medium-high heat. Cook chicken 3-4 minutes each side until meat is no longer pink inside & add to salad.*
- 5. In a pot, mix reserved marinade with remaining oil, sesame oil, VH® Soya Sauce, lemon juice and cornstarch. Bring to a boil, stirring constantly, for 3 minutes. Pour over the salad and mix gently.*
- 6. Arrange snow peas on top and sprinkle with sesame seeds.*
- 7. Serve immediately.*

Warm chicken served on a bed of crunchy vegetables drizzled with an Asian dressing.