

Szechwan Chicken & Shrimp Rice



PREP TIME : 15 MIN

COOK TIME : 15 MIN

SERVES : 6

Ingredients :

- ***2 cups (500 mL) chicken broth***
- ***1 cup (250 mL) Uncle Ben's[®] Long Grain Perfection Rice***
- ***2 tbsp (30 mL) vegetable oil***
- ***1 lb (500 g) boneless skinless chicken breast, cut into pieces***
- ***1/2 lb (250 g) medium shrimp, peeled and deveined***
- ***1 cup (250 mL) diced red pepper***
- ***1/2 cup (125 mL) frozen peas***
- ***1 cup (250 mL) VH[®] Sweet & Spicy Szechwan or VH[®] Orange Ginger Stir-Fry Sauce***

Directions :

- 1. Stir together broth and Uncle Ben's[®] Long Grain Perfection Rice in medium saucepan. Bring to boil, cook for 10 minutes and strain. Cook it like pasta!***
- 2. Heat oil in large skillet or wok over high heat. Add chicken; cook, stirring, for about 4 minutes or until chicken is no longer pink. Add shrimp, red pepper and peas; cook and stir until shrimp just turns pink. Stir in cooked rice and VH[®] Sweet & Spicy Szechwan Sauce or VH[®] Orange Ginger Stir-Fry Sauce; heat through.***

Tender chicken and shrimp in a spicy-sweet sauce with rice.