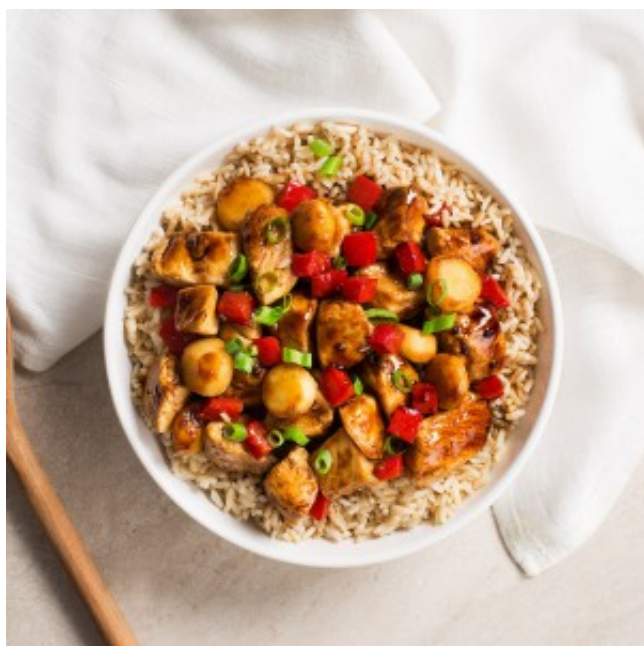


Chicken with Garlic Sauce



PREP TIME : 20 MIN

COOK TIME : 10 MIN

SERVES : 4

Ingredients :

- **1 lb (500 g) boneless, skinless chicken breast, cubed**
- **1/2 jar (170 mL) VH® Medium Garlic Marinade**
- **2 tbsp (30 mL) vegetable oil**
- **1 cup (250 mL) diced red pepper**
- **1 cup (250 mL) drained canned water chestnuts**
- **2 cups (500 mL) steamed brown rice**
- **2 tbsp (30 mL) sliced green onion**

Directions :

- 1. Toss chicken with VH® Medium Garlic Cooking Sauce in a medium bowl. Refrigerate for 15 minutes.**
- 2. Heat oil in a wok or large skillet set over medium-high heat. Using a slotted spoon, remove chicken from bowl; reserve excess sauce. Add chicken to wok and stir-fry for 4 to 5 minutes or until golden.**
- 3. Add red pepper and water chestnuts; stir-fry for 1 to 2 minutes or until peppers are softened. Add remaining sauce; bring to a simmer. Simmer for 3 minutes. Serve over steamed brown rice and sprinkle with green onion.**

Tips:



Chicken with Garlic Sauce

*For a spicy version, stir-fry with Szechuan chili peppers.
Double the recipe for leftovers.
Add to any stir-fry.*

Other Usage:

*Brush on grilled salmon or veggie kebabs.
Toss with sautéed veggies.*