



Asian Chinese Stir Fry Recipe Chicken and Broccoli Rice Bowl

Marinated velvety sliced chicken breast stir fry with healthy broccoli, red bell peppers and onions in a delicious Wok Sauce over rice in a bowl.



Ingredients: Single Serving

- 1/3 C. Classic Wok Sauce (Starport 250)
- 3 oz. Chicken breast, sliced 1 1/2" x 1/2" marinated and velvety (see Marinade Seasoning Starport 356 below),
- 1 C. Broccoli florets (3 oz.)
- 1/2 C. Onions, strips, sliced 1/4"
- 1/4 C. Red bell pepper, sliced 1/4 x 1" (1 oz)
- 2 tsp. Garlic and ginger Infusion (see recipe)
- 1 Tbsp. Corn oil

- 8 oz. Rice, hot, steamed

Instructions:

1. Heat wok on high heat, when hot, add oil and onions, stir-fry for 10 seconds then add garlic and ginger Infusion.
2. Stir-fry for an additional 30 seconds and add velvety chicken and red bell peppers.
3. Stir-fry for 1 minute then add Classic Wok Sauce.
4. Continue to stir-fry until steaming hot, remove and place on top of hot steamed rice in a bowl.
5. Garnished with chopped green onions (optional).



Pork or Chicken Marinade and Velvetyization:

1. To marinate: For 10 lbs. sliced or diced pork or chicken, add 0.4 lb. (7/8 C.) Marinade Seasoning (Starport 356), 1 1/4 C. water and 1 C. corn oil. Mix well and marinate for 30 minutes or more.
2. To velvety: Oil blanch pork or chicken in deep fryer at 350°F in 2-pound batches for 60-80 seconds, un-clumping the chicken pieces with tongs. meat will NOT be fully cooked. Remove and drain.
3. When cool, place in covered container and refrigerate until ready to use. Make batch daily.