

CHICKEN STIR FRY

THIS EASY CHICKEN STIR FRY COMBINES TENDER CHICKEN, CRISP VEGETABLES, AND A HOMEMADE STIR FRY SAUCE. SERVED OVER FLUFFY JASMINE RICE, IT'S A SIMPLE WEEKNIGHT MEAL THE WHOLE FAMILY WILL LOVE.



INGREDIENTS

STIR FRY SAUCE

- ⅓ CUP SOY SAUCE
- 3 TABLESPOONS BROWN SUGAR
- 2 TEASPOONS TOASTED SESAME OIL
- 2 GARLIC CLOVES, MINCED
- 2 TEASPOONS FRESH GRATED GINGER
- 1½ TABLESPOONS CORNSTARCH
- ⅓ CUP WATER

STIR FRY

- 2 POUNDS CHICKEN BREASTS OR CHICKEN TENDERS, CUT INTO BITE-SIZED PIECES
- 1 HEAD BROCCOLI, CUT INTO FLORETS
- 3 CARROTS, SLICED
- 1 RED BELL PEPPER, SLICED
- 1 GREEN BELL PEPPER, SLICED
- 3 CELERY STALKS, SLICED
- 1 RED ONION, SLICED
- 2 GREEN ONIONS, CHOPPED
- 3 TABLESPOONS OLIVE OIL
- PECAN SMOKED SEA SALT
- PECAN SMOKED PEPPERCORN

FOR SERVING

- JASMINE RICE

				
PREP TIME	COOK TIME	TOTAL TIME	SERVINGS	DIFFICULTY
20 MIN	25 MIN	45 MIN	6	EASY

STEP-BY-STEP INSTRUCTIONS

STEP 1-PREPARE THE STIR FRY SAUCE

- IN A SMALL MIXING BOWL, WHISK TOGETHER:
- SOY SAUCE
- BROWN SUGAR
- TOASTED SESAME OIL
- GARLIC
- GINGER
- CORNSTARCH
- WATER
- WHISK UNTIL SMOOTH AND SET ASIDE.

STEP 2-PREPARE THE VEGETABLES

- WASH AND CUT THE BROCCOLI INTO FLORETS.
- SLICE THE CARROTS, BELL PEPPERS, CELERY, AND RED ONION INTO BITE-SIZED PIECES.
- PLACE ALL THE VEGETABLES INTO A LARGE MIXING BOWL.
- DRIZZLE WITH OLIVE OIL AND SEASON GENEROUSLY WITH PECAN SMOKED SEA SALT AND PECAN SMOKED PEPPERCORN.
- TOSS UNTIL EVENLY COATED.

STEP 3-COOK THE CHICKEN

- HEAT A LARGE SKILLET OVER MEDIUM HEAT WITH ENOUGH OLIVE OIL TO LIGHTLY COAT THE BOTTOM.
- ADD THE CHICKEN PIECES.
- SEASON WITH PECAN SMOKED SEA SALT AND PECAN SMOKED PEPPERCORN.
- COOK FOR 7-10 MINUTES, STIRRING OCCASIONALLY, UNTIL THE CHICKEN IS BROWNED AND FULLY COOKED.
- TRANSFER TO A PLATE IF NEEDED.

STEP 4-COOK THE VEGETABLES

- PLACE THE SEASONED VEGETABLES INTO A LARGE SKILLET OR DUTCH OVEN OVER MEDIUM HEAT.
- COOK FOR 10-15 MINUTES, STIRRING FREQUENTLY, UNTIL THE VEGETABLES ARE TENDER-CRISP WHILE STILL MAINTAINING A LITTLE BITE.



CHICKEN STIR FRY CONT'D

FEATURED ORIGINAL COLD SMOKED PRODUCTS

- PECAN SMOKED SEA SALT
- PECAN SMOKED PEPPERCORN

RECIPE VARIATIONS

- SPICY CHICKEN STIR FRY
 - ADD CRUSHED RED PEPPER FLAKES OR HICKORY SMOKED HABANERO PEPPERCORN.
- EXTRA VEGGIES
 - ADD MUSHROOMS, SNAP PEAS, ZUCCHINI, OR BABY CORN.
- LOW-CARB VERSION
 - SERVE OVER CAULIFLOWER RICE INSTEAD OF JASMINE RICE.
- PROTEIN SWAP
 - SUBSTITUTE SHRIMP, STEAK, OR PORK FOR THE CHICKEN.

WHAT TO SERVE WITH

- JASMINE RICE
- HOMEMADE EGG ROLLS
- STEAMED DUMPLINGS
- ASIAN SLAW
- FRESH FRUIT

STEP 5-COMBINE EVERYTHING

- RETURN THE COOKED CHICKEN TO THE VEGETABLES.
- REDUCE THE HEAT TO LOW.
- POUR THE PREPARED STIR FRY SAUCE OVER THE CHICKEN AND VEGETABLES.
- STIR CONTINUOUSLY UNTIL EVERYTHING IS EVENLY COATED AND THE SAUCE THICKENS SLIGHTLY, ABOUT 2-3 MINUTES.

STEP 6-COOK THE RICE

- WHILE THE CHICKEN AND VEGETABLES ARE COOKING, PREPARE THE JASMINE RICE ACCORDING TO THE PACKAGE DIRECTIONS.

STEP 7-SERVE

- SPOON A GENEROUS SERVING OF JASMINE RICE INTO EACH BOWL.
- TOP WITH THE CHICKEN STIR FRY MIXTURE.
- GARNISH WITH CHOPPED GREEN ONIONS AND SERVE IMMEDIATELY.

🔥 SMOKEHOUSE KITCHEN TIPS:

- CUT THE VEGETABLES INTO SIMILAR SIZES FOR EVEN COOKING.
- DON'T OVERCOOK THE BROCCOLI—IT SHOULD REMAIN BRIGHT GREEN AND SLIGHTLY CRISP.
- FRESH GINGER PROVIDES THE BEST FLAVOR.
- HAVE ALL YOUR INGREDIENTS PREPPED BEFORE COOKING SINCE STIR FRY COOKS QUICKLY.
- LEFTOVERS MAKE AN EXCELLENT LUNCH THE NEXT DAY.