

Chicken Stir-Fry

<http://allrecipes.com/Recipe->

[Tools/Print/Recipe.aspx?recipeID=223382&origin=detail&servings=6&metric=false](http://allrecipes.com/Recipe-Tools/Print/Recipe.aspx?recipeID=223382&origin=detail&servings=6&metric=false) May 1, 2014

serves 6

2 cups white rice

4 cups water

2/3 cup soy sauce

1/4 cup brown sugar

1 tablespoon cornstarch

1 tablespoon minced fresh ginger

1 tablespoon minced garlic

1/4 teaspoon red pepper flakes

3 skinless, boneless chicken breast halves, thinly sliced

1 tablespoon sesame oil

1 green bell pepper, cut into matchsticks

1 (8 ounce) can sliced water chestnuts, drained

1 head broccoli, broken into florets

1 cup sliced carrots

1 onion, cut into large chunks

1 tablespoon sesame oil

Directions:

1. Bring rice and water to a boil in a saucepan over high heat. Reduce heat to medium-low, cover, and simmer until rice is tender, and liquid has been absorbed, 20 to 25 minutes.
2. Combine soy sauce, brown sugar, and corn starch in a small bowl; stir until smooth. Mix ginger, garlic, and red pepper into sauce; coat chicken with marinade and refrigerate for at least 15 minutes.

3. Heat 1 tablespoon sesame oil in a large skillet over medium-high heat. Cook and stir bell pepper, water chestnuts, broccoli, carrots, and onion until just tender, about 5 minutes. Remove vegetables from skillet and keep warm.

4. Remove chicken from marinade, reserving liquid. Heat 1 tablespoon sesame oil in skillet over medium-high heat. Cook and stir chicken until slightly pink on the inside, about 2 minutes per side; return vegetables and reserved marinade to skillet. Bring to a boil; cook and stir until chicken is longer pink in the middle and vegetables are tender, 5 to 7 minutes. Serve over rice.