

# *A Recipe from Our Kitchen to Yours!*



## *Hope30 Shanghai Stir Fry*



### Ingredients:

- 1 lb. boneless, skinless chicken breast cut into 1-inch pieces
- 2 Tbsp Chicken Stock/Broth
- Salt & pepper to taste or 1 tsp **Hope30 Kitchen Go To Blend**
- 1 red bell pepper deseeded and chopped
- 2 cups broccoli florets cut into bite-sized pieces
- 1 small yellow onion chopped
- 1 Tbsp finely grated fresh ginger
- 4 garlic cloves minced
- 1 green onion sliced
- 2/3 cup **Hope30 Shanghai Stir Fry Sauce**

### Instructions:

- In a large, nonstick skillet (or wok), on medium heat, add 1 tbsp chicken stock. Add chicken in a flat layer. Season with salt/pepper/blend. Cook until lightly browned, about 4-5 minutes, stirring as needed. Remove chicken to plate.
- Leave juices in pan, add 1 tbsp chicken stock along with red bell pepper, onion and broccoli. Cook vegetables until tender, about 3-4 minutes.
- Add chicken back to pan with minced ginger & garlic. Stir for 30 seconds. Pour in **Hope30 Shanghai Stir Fry Sauce** & stir fry for 1-2 minutes.
- Garnish with green onion.
- Wonderful served with Cauliflower Rice!



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