

Japanese Chicken Stir Fry

<u>Ingredient</u>	<u>Quantity</u>	<u>Instruction</u>
chicken breasts or thighs	1.5 to 2 pounds	cut into bite-sized pieces
broccoli	1 small head	cut into bite-sized pieces
red bell pepper	1	sliced into 2-inch, thin slices
garlic	5 medium cloves	minced
ginger	1 TBLSP	minced
Mirin	5 TBLSP	
soy sauce	4 TBLSP	
rice vinegar	2 tsp	
dark brown sugar	¼ cup packed	
fresh orange juice	½ an orange	
cornstarch	1.5 TBLSP	
salt	½ tsp	
cayenne	1/8 tsp	
sesame oil	3 TBLSP	not toasted sesame oil

- Start a pot of rice cooking so it will be finished when the chicken is.
- In a large bowl, whisk together the ingredients from garlic to cayenne.
- Cut up the veggies and the chicken.
- Toss the chicken into the large bowl of sauce and let sit for five minutes.
- In a large frying pan, heat the oil (Chinese sesame oil or regular sesame oil, but NOT toasted sesame oil). Using a slotted spoon, take the chicken pieces from the sauce into the frying pan. After about five minutes, turn each piece of chicken over. After another five minutes, toss the chicken around the pan.
- Add the broccoli and bell pepper and rest of the sauce to the frying pan. The corn starch will have settled at the bottom of the bowl, so be sure to scrape that into the pan. Toss everything together, then cover for five minutes.
- Remove the lid, and toss around for another minute. The sauce should be coating every piece.
- Serve over rice.