

Almond/Chicken Stir-fry

The flavors of chopped Chick'n, broccoli, seasonal peppers and sweet onions are set off by toasted almonds in this stir-fry favorite. The combined flavors sparkle with the addition of fresh cilantro and a squeeze of lime juice.

Preparation time: 35 minutes - Servings: 2

Organize Your Ingredients!

Notes on Organizing

Prep and organize the ingredients on small plates or in bowls so they are easy to add. Prep a total of 1 C. chopped sweet onion: 3/4 C. chopped for the Almond Chicken Stir-fry (Vegetables) and 1/4 C. chopped for the Stir-fry (sauce). You'll also be slicing 1 green onion as a garnish.

Brown Rice

1 C. brown rice
plus
2-1/4 C. water

Steamed Broccoli

2-1/2 C. Fresh broccoli (cut into 1" pieces)
plus
3/4 C. water

Almond Chicken Stir-fry

Stir-fry Vegetables:

1 tsp. canola oil
1 tsp. sesame oil
8-10 cremini mushrooms (sliced)
2/3 C. red bell pepper (seeded and sliced)
3/4 C. sweet onion (chopped)

Stir-fry sauce:

1 tsp sesame oil
1 clove garlic (smashed and chopped)
1/4 C. sweet onion (chopped)
1-1/4 C. low-sodium veggie broth
1/2 C. white wine
1 tsp. low-sodium soy sauce
1/4 tsp. grated fresh ginger
2 T. rice wine vinegar

2 T. cornstarch
combined with
1/3 C. water

one 6 oz. can sliced water chestnuts (drained)
1/3 C. slivered almonds (toasted)
1/3 C. fresh cilantro (chopped)

Plant-based Choice or Optional Chicken

Plant-based Choice:

1 tsp. olive oil
18 Chick'n Strips
1/4 C. white wine

Optional Chicken:

1 tsp. olive oil
1 boneless, skinless chicken breast
1/2 C. white wine

Garnish: **Garnish/Finish**

juice from 1/2 of a lime

1 green onion (sliced into thin rounds)

Finish:

4 slices chilled watermelon

Let's Prepare, Cook, and Plate This!

Basic Assembly Instructions

Start by putting brown rice on to cook. Bring rice and liquid to a hard boil. Reduce heat to medium-low, cover and cook for 25 minutes. Set a timer.

Steamed Broccoli

Once broccoli is washed and cut into 1" pieces, place into top of a vegetable steamer with 3/4 C. water in the bottom. Bring to a hard boil, cover and steam 4 minutes. Remove from heat and rinse with cold water. Set aside until time to add it to the stir-fry.

Plant-based choice or Optional Chicken

Plant-based choice:

Brown Chick'n strips in oil in a medium sauté pan. Add white wine to the pan and toss until wine disappears. Remove from heat. Allow to cool slightly and slice.

Optional Chicken:

Brown skinless chicken breast in oil. Add white wine to the pan, cover, reduce heat to medium-low and cook 5 minutes per side. When cool enough to handle, thin slice.

Almond Chicken Stir-fry

Stir Fry Vegetables

1. Heat canola and sesame oils in a large, deep sauté pan or wok. Brown mushrooms and remove from pan.
2. Using same pan, brown peppers and onion. Remove from pan and set aside with mushrooms.

Stir-fry sauce:

3. Continue using same pan and add sesame oil, garlic and onion. Toss until garlic becomes fragrant. Add broth, wine, soy sauce, ginger and vinegar.
4. Bring to a boil and thicken with cornstarch mixture. Reduce heat to low and cook 5 minutes.
5. Return vegetables, including steamed broccoli, to the pan with the sauce. Add sliced chick'n (or chicken) pieces, water chestnuts almonds and cilantro. Toss about 2 minutes and serve.

Plate the Meal

Make a mound of 2/3 C. cooked rice and surround each rice serving with 1/2 of the stir-fry. Garnish each plate with a squeeze of lime juice and sliced green onions.

Finish the meal with sliced watermelon.

What I've Learned from this Recipe

If you're dealing with diners who don't eat cilantro, an equal amount of fresh chopped basil will do nicely in this dish.

Let us know what you think, and ask any questions you may have! chezdon@plate6.com