CHICKEN STIR FRY

I put my knowledge and skills into practice weekly. I grocery shop with my family and prepare dinner 3-5 times a week. My family enjoy the flair that I’ve added to our meals! I hope to have a career as a chef.

DIRECTIONS:
1. Prepare every ingredient before proceeding with the cooking.
2. Heat a 10-inch skillet and add the oil.
3. Add the chicken and sauté until fully cooked. Remove and set aside.
4. Add the garlic and ginger to the pan you just removed the chicken from and cook just until you can begin to smell it.
5. Add the vegetables one at a time, starting with the ones that need the most cooking time.
6. Combine the starch and water and stir the slurry until smooth.
7. Add the soy sauce and stir to combine.
8. Pour the mixture on top of the vegetables and toss to combine.
9. Place a lid on the skillet and allow the vegetables to steam in the sauce until tender.
10. Bring the mixture back up to a boil and then reduce and add the chicken to coat with the sauce.

Submitted By: Wyatt, 15, Marion, South Carolina. 4-H Culinary Arts Club.

1 tbsp oil
2 cloves garlic, minced
1 tsp ginger, minced
4 cups assorted vegetables, cut into julienne or thin slices and placed in separate bowls
½ pound chicken, julienned
2 tbsp corn starch
6 tbsp water
1 tbsp low sodium soy sauce

SERVINGS: 4
PREPARATION TIME: 30 MINUTES
COOK TIME: 30 MINUTES