



Quick Stir-Fry Chicken

Makes: 4 servings

Prep Time: 5 minutes Cook Time: 25 minutes

Total Time: 30 minutes

Ingredients

Sauce:

- 1/4 cup mirin
- 1/3 cup soy sauce
- 2 tbsp water
- 1 tbsp granulated sugar
- 1 tsp sriracha
- 1 tbsp toasted or regular sesame oil

Stir Fry:

- 2 tbsp vegetable or olive oil (plus more as needed)
- 1-inch piece fresh ginger, peeled and thinly sliced
- 6 large garlic cloves, peeled and halved
- 6 green onions, cut into 2-inch pieces
- 1 & 1/2 pound boneless, skinless chicken thighs, cut into 1- to 2-inch pieces
- 2 cups diced carrots, squash or broccoli stems
- 1 cup frozen peas
- 2 large handfuls baby spinach
- 1 cup fresh Thai basil or cilantro (or a combination)
- Steamed rice or noodles, for serving

Instructions

In a small bowl, combine the mirin, soy sauce, water, sugar, sriracha, and sesame oil. Set aside.

Heat the oil in a wok or large skillet set over medium-high heat. Add the ginger, garlic, and green onions. Cook, stirring constantly, for one minute or until fragrant. Remove from the pan and set aside.

Add a little more oil to the pan if necessary and increase the heat to high. When hot, add the chicken

pieces to the pan and brown well on all sides. This may have to be done in batches.

Return all the chicken to the pan, along with the green onion mixture, sauce and carrots. Bring to a boil, reduce the heat and simmer uncovered, 10 to 12 minutes, or until the chicken is cooked through and the sauce is thicker but still syrupy enough to spoon over rice.

About 2 minutes before chicken is cooked, add frozen peas. Two minutes later, add spinach and cook for about one minute or until the spinach is barely wilted. Remove from the heat and stir in the basil.

Serve over the steamed rice or noodles.

Recipe from Bonnie Stern