

Chicken and Green Bean Stir Fry

Serves four; 30 minutes

Brown chicken

Start rice first. See below.

In a large skillet or wok with a little olive oil over medium heat, cook chicken until browned on all sides and just cooked through, 5 to 7 minutes. Season with salt and pepper to taste. Remove and reserve.

Build stir fry

Add onion and sauté until soft, 2 to 3 minutes. Add garlic and ginger, and cook until fragrant. Stir in green beans and return chicken to pan, cook 2 to 3 minutes. Stir in hoisin, teriyaki, rice vinegar and sesame oil, then simmer 3 to 4 minutes more. Remove and serve over rice.

The rice

In a pot (with a tight fitting lid) over medium heat, toss rice in a little olive oil and let toast. Add water and bring to a boil. Cover, reduce heat to low and simmer 5 to 7 minutes. Turn off heat and leave cover on for at least 15 minutes to allow rice to finish cooking. Remove lid and fluff with a fork.

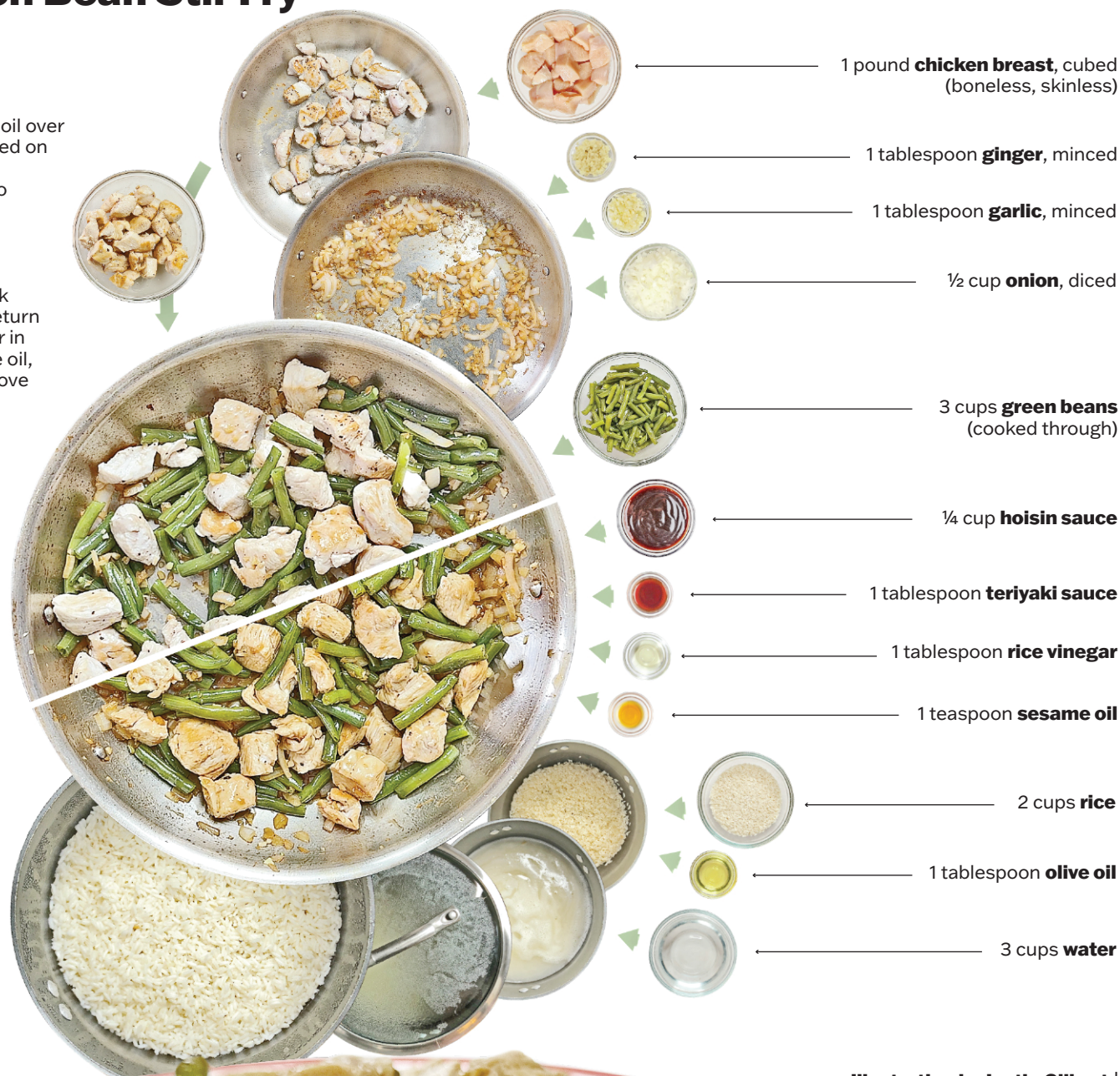


Illustration by Justin Gilbert |
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