



APRICOT CHICKEN STIR-FRY

OREGON
Growers®

- FARM DIRECT SPECIALTY FOODS -

PREP TIME

10 minutes

COOK TIME

10 minutes

SERVES

2 ppl

INGREDIENTS

1/2 pound boneless skinless chicken breasts, cut into 1½" cubes
1 teaspoon high heat oil
1 cup fresh snow peas
½ cup red bell pepper, cut into strips
½ cup Oregon Growers Apricot Jam
1/4 cup chicken stock

1 garlic clove, minced
1 tbsp fresh ginger, minced
1 ½ teaspoons sesame oil
1 teaspoon reduced-sodium soy sauce
1/4 teaspoon Dijon mustard
Chives & cilantro leaves for garnish

PREPARATION

In a large cast iron skillet or wok, stir-fry chicken in high heat oil for 3-4 minutes. Add the bell peppers, snow peas, Oregon Growers Apricot Jam, stock, garlic, ginger, sesame oil, soy sauce, and mustard. Bring to a boil. Reduce heat and simmer, uncovered, for about 4-5 minutes or until chicken is cooked through and vegetables are tender. Serve with rice!