

stir-fried chicken with snow peas and mushrooms

SERVES 2 • READY IN 30 MINUTES OR LESS



Ingredients:

- 2 teaspoons sesame oil
- 12 ounces skinless boneless chicken breast, cut into ½-inch strips
- 2 garlic cloves, minced
- 2 teaspoons finely chopped fresh ginger
- 2 tablespoons Ideal Protein Sesame Sauce
- 1 tablespoon tamari or soy sauce
- 2 ½ cups snow peas, trimmed
- 1 cup shiitake or cremini mushrooms, halved or sliced
- ½ cup sliced green onion

Heat 1 teaspoon oil in a nonstick wok or large skillet over medium heat. Add the chicken and cook, turning occasionally, until cooked through, about 4 minutes. Transfer to a plate and cover to keep warm.

In the same wok, heat the remaining 1 teaspoon oil over medium heat. Add the garlic and ginger; cook, stirring constantly, just until fragrant, about 1 minute. Add the sesame sauce, tamari, snow peas, and mushrooms; bring to a simmer. Reduce the heat, cover, and simmer until the snow peas are just cooked but still a vivid green, about 3 minutes. Stir in the reserved cooked chicken and reheat for 1 minute. Serve, sprinkled with the green onion.