

Chick'n Stir Fry!!

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Ingredients:

Gardein Chick'n Scallopini - Chopped Up

1 Red Bell Pepper - Sliced

1 Green Bell Pepper - Sliced

1 Bag Of Shredded Carrots & Broccoli

1 Large Crown Of Broccoli - Chopped

2 Bushels Of Green Onions - Chopped

1 Bag of Uncle Bens Whole Grain Brown and Wild Rice Mix Or Your Choice Of Rice

1 Package of Mushrooms - White or Portobello

Simply Asia Mandarin Orange Stir Fry Sauce - [StirFry.jpg](#)

3 KB

Simply Asia Sweet Ginger Garlic Seasoning -

<http://www.simplvasia.com/products/Seasoning-Blends/Sweet-Ginger-Garlic-Seasoning.aspx>

Directions:

In a stir fry pan add broccoli, carrot & broccoli shreds, bell peppers and mushrooms. Cook for about 15 minutes on medium to high heat. Then add orange stir fry sauce and green onions and cook for an additional 3 minutes. After done remove from heat.

Then in a pan cook chick'n as directed. Add Asia sweet ginger garlic seasoning to taste. When done add to stir fry and mix up with the rest of the stir fry ingredients.

Next start rice. Uncle Bens rice can be cook in the microwave and only takes 90 seconds or you can cook it on the stove top until tender.

Plating:

Lay down a bed of rice and then add stir fry on top. Then add a little more of the Sweet ginger garlic seasoning.