

SEAHAWKS CHEFS

PRESENTED BY



Safeway Ingredients

2 pound Open Nature Boneless
Skinless Chicken Breasts
2 tablespoons O Organics® Sesame Oil
2 O Organics® Garlic Cloves
1 cup O Organics® Mixed Veggies
1 cup O Organics® Unbleached All
Purpose Flour
Signature SELECT® Salt
Signature SELECT® Black Pepper
2 cups O Organics® Thai Jasmine Rice

NICK VANNETT

CHICKEN STIR FRY

Recipe

STEP 1

Coat chicken with flour

STEP 2

Heat 1 tablespoon of oil in large pan
over medium heat, add garlic and stir

STEP 3

Place chicken in the pan and brown
on each side for 4-5 minutes

STEP 4

Remove from pan, slice into chunks,
set aside

STEP 5

Heat remaining tablespoon of oil into
pan over high heat.

STEP 6

Add vegetables. Stir quickly until the
vegetables begin to soften.

STEP 7

Add the chicken chunks, combine
well and cook for 2 to 3 minutes. Add
salt and pepper to taste.

STEP 8

Serve over bed of rice and enjoy