



Westinghouse

## Simple Stir Fry Chicken and Peapods

### Ingredients

- 1-chicken-breast, skinned, boned, and cut into bite-size pieces
- ¼ teaspoon salt
- 2 tablespoons vegetable oil,
- 1 cup fresh bean sprouts
- 2 cups snow pea pods, strings removed
- ½ cup chicken broth
- 1 tablespoon cornstarch in 2 tablespoons water
- Sesame seeds, toasted, (optional)
- 2 teaspoons soy sauce

### Directions

1. Slice the chicken breast into thin bite size pieces, add oil and heat CTChef™ Multi-Cooker.
2. Press MENU button until the “—” points to “Sauté”. Press FOOD SELECT button and choose vegetable Adjust the cooking time by pressing the COOK TIME button. Use HOUR button to increase time and MIN button to decrease time. 12-15 minutes is usually good for stir fry. Press ON/START button.
3. Start indicator light will stop blinking and cooking time will start counting down. The cooker will start heating the oil.
4. After about 2 minutes of preheating, add chicken and begin sautéing for 5 minutes; add vegetables and sauté for additional 5 to 8 minutes.
5. To finish, make sauce by combining cornstarch, soy sauce and chicken stock. Whisk together in bowl until smooth then add to stir fry mix in CTChef™ and close cover for remaining time 3-4 minutes. Sprinkle with Sesame Seeds and serve.

### Chef Rick Tip

Try using any leftover chicken, fish, beef or even tofu to make a stir fry. Add 2 cups shredded Chinese cabbage for extra greens and crunch!

