



Chicken Stir Fry

Ingredients

- 1 tablespoon Fustini's Garlic Crush olive oil
- 1 lb boneless skinless chicken breasts cut into 1-inch pieces
- salt and pepper to taste
- 1 lb asparagus stalks trimmed and cut into 1 1/2 inch pieces
- 1 1/2 - 2 cups assorted bell peppers, cut into 1 1/2 inch pieces
- 1/2 cup mushrooms, sliced
- 1 medium onion, diced
- 2 teaspoons minced garlic
- 1 teaspoon minced ginger
- 3/4 cup chicken broth
- 1 1/2 teaspoons sugar
- 1 tablespoon soy sauce
- 2 teaspoons [Fustini's Sesame oil](#)
- 1 tablespoon cornstarch
- cashews for garnish

Sharon's Hint

Adapted from "Dinner at the Zoo"

Directions

Step 1.

Heat the Ginger Crush olive oil in a pan over medium-high heat. Season the chicken with salt and pepper to taste. Add the chicken to the pan in a single layer. Cook for 3-4 minutes per side or until browned. Add the asparagus, peppers, mushrooms and onion to the pan and cook for 3-4 minutes or until tender. Add the garlic and ginger and cook for 30 seconds. In a small bowl, whisk together the chicken broth, sugar, soy sauce, Sesame oil and cornstarch. Pour the sauce over the chicken and asparagus and bring to a simmer. Cook for 1-2 minutes or until the sauce has thickened, garnish with cashews, then serve over rice or ramen noodles.