



Chicken Stir-fry with Seasonal Vegetables

List of ingredients

1 medium onion, cut in half and sliced
3 cloves garlic, pressed
1 tablespoon oil
1 tablespoon minced fresh ginger
1 large chicken breast or 2 thighs, thinly sliced
1 bunch asparagus, cut into 1 inch pieces
1 head broccoli, cut in small flowerets
2 tablespoons soy sauce
1 tablespoon vinegar

Feeds 4 people.

How to cook the dish

1. Heat oil in a large frypan or wok.
2. Add onion, ginger, garlic, and chicken. Fry for 5 minutes, stirring constantly.
3. Add asparagus, broccoli, soy sauce, and vinegar. Stir together and cover.
4. Cook for another 2-3 minutes. You may need to cook for an extra couple minutes if the asparagus is thick.

Season with salt and pepper to taste.