

MARINADE BAY

Menu Inspirations

Chicken Teriyaki Stir-Fry

LUNCH or DINNER

PORTION SIZE: 1 SERVING

Ingredients

- 4 oz Chicken Breast, cut into long slices
- ¾ oz Canola Oil, as needed for sauteing
- 4 oz Stir-Fry Vegetable Blend, broccoli, carrot and red pepper blend
- 3 oz *Marinade Bay Ginger Teriyaki Cooking & Grilling Sauce*

Garnish

- 6 oz Jasmine Rice, steamed



Method: Heat oil in non-stick pan. Season chicken lightly with salt and pepper. Add chicken and stir-fry until almost cooked. Add vegetables and cook until tender and crisp. Add *Marinade Bay Ginger Teriyaki Sauce* and toss to coat. Serve over Jasmine rice.



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