

TERIYAKI CHICKEN STIR FRY

Ingredients

- 2 -3 Tbsp Canola oil
- 4 boneless, skinless chicken breasts, cut in thin strips
- 1 jar (355 ml) VH Teriyaki Stir Fry sauce

Method

- Sauté chicken in canola oil over medium-high heat until cooked through & no longer pink
- Add stir fry sauce & heat through, stirring another 2-3 minutes
- Serve immediately or refrigerate in a covered casserole until ready to be reheated.

Delicious served with rice and stir fried veggies