Curried Chicken and Vegetable Stir Fry w/Rice

36	oz	chicken breast, boneless, skinless, sliced 1" thick
¾	cup	carrots, julienne
¾	cup	red bell pepper, julienne
¾	cup	zucchini, julienne
1½	cups	broccoli floret's
1½	cups	asparagus, cut into 1" pieces
1½	cups	bean sprouts
1	clove	garlic
1½	cups	chicken broth, low sodium
¾	bunch	green onion, chopped
1½	Tbsp	fresh ginger, chopped
1½	oz	tamari soy sauce
1½	Tbsp	almonds, slivered, toasted
1½	Tbsp	curry powder
1½	Tbsp	arrowroot
¾	Tbsp	red curry paste
¾	cup	basmati rice, dry

Procedure

1 Steam rice.
2 Toast the curry in non-stick pan. Add chicken and cook. Add vegetables, except green onion, and stir fry.
3 Meanwhile, in a mixing bowl mix tamari, arrowroot, red curry, chicken broth together stirring well.
4 Add the liquid to the chicken and vegetable pan and mix well simmering until arrowroot activates and the chicken is cooked.
5 If mixture gets too thick, add some water to create a smooth paste.
6 2 oz. scoop of rice on plate, 1½ cups of chicken vegetables and sauce mixture.
7 Garnish with almonds and green onions.

Servings: 6
Yield: 1 cup over ½ cup rice

Nutrition Facts

Serving size: 1/6 of a recipe.

Amount Per Serving	
Calories	319
	% Daily Value
Total Fat 3g	5%
Sodium 133mg	6%
Total Carbohydrates 29g	10%
Fiber 3g	12%
Protein 46g	92%

Recipe Type

Chicken, Poultry