

Chicken Stir Fry

🍴 **SLICED CHICKEN** 🍴

(*Lai Tse Chi Ding*)

- 1 pound chicken cutlets** (boneless, skinless chicken breasts)
- 2 tablespoons cornstarch**
- 2 teaspoons polyunsaturated oil**
- 2 cloves garlic, minced**
- ¼ cup soy sauce**
- 1 tablespoon vinegar**
- 1 teaspoon granulated sugar**
- 1 small bunch scallions, green part and all, sliced**
- ⅛ teaspoon cayenne pepper, or to taste**

Cut the chicken into 2-inch cubes. Toss lightly with the cornstarch. Heat the oil in a wok or large nonstick skillet and brown the chicken pieces and the garlic. Stir in all the other ingredients except the scallions and cayenne. Cover, and cook for 3 to 4 minutes, until the chicken is cooked through and the sauce is thickened slightly. Uncover and stir in the scallions. Cook and stir over a moderate flame until the scallions are heated through but still crisp; don't overcook. Add cayenne hot pepper to taste and serve immediately.
Four servings, 155 calories each.

Ingredients & Cost

Ingredient	Cost	
1 cup Basmati rice	Costco, \$20/20lb bag.	\$.50
Broccoli, 1 bag	Trader Joes, 2lb bag, \$.xx	3.69
1 ½ lb. Chicken Breast	Whole Foods, \$5.49/lb	9.04
Cornstarch (3T)	Target, \$2.39/16oz	.16
Olive Oil (2 T)	Costco, \$22/2L, Kirkland	.33
Garlic (4-8 cloves)	Trader Joes, \$.49/head	.49
Soy sauce	United Noodle, \$4/bottle,	.95
White Vinegar	Target, \$3.89/gal.	.02
Sugar	Costco, \$18.50/25 lb	.02
Cayenne pepper	Amazon-Spice way, \$7/8oz,	.06
Green onions (scallions), 2 bunches	Whole Foods, \$.99/ea	.99
Butter or Sesame oil (for rice)		
Total		~\$16.25

Wines

Medium red: Rioja, Tempranillo, Grenache, Mencia, Gamay, Carignan, Portuguese, Rose (Provence)
 Whites: Sauvignon Blanc, Verdejo, Albariños, Riesling, Vouvray (middle), (Chardonnay – non oak)
 Price range: \$10-\$15. **Today, Spanish Monastrell, \$10, Costco.** A little heavy, but fun!
 Cocktail: Martini (vodka/gin)

Rick (text): 563.579.4194

Cooking Supplies

Wok	Amazon, Craft Wok, \$60
Wok spoon	Amazon, \$12
Wok base	Amazon, M.V. Trading, \$14
Scouring pad	Target
Rag	Anywhere
Pot	Anywhere
Pot holder	Anywhere
Plastic bag	
Small dish	
Mini Chopper	eBay
Measuring cup	
Measuring spoon, 1T, 1t	
Cutting board	\$200 at Boardsmith, Maple
Knife	