

# Sesame Chicken Stir-fry

Serves: 4  
Prep Time: 30 min  
Cook Time: 20-25 min  
Difficulty: 🍳

## Ingredients

- 4 lg. boneless chicken breasts, cubed
- 2 tbsp. toasted sesame seeds
- 4 cups cooked rice
- 2 cups pea pods
- 1 cup bean sprouts
- 2 cups broccoli florets
- ¼ cup chopped onion
- ¼ cup lemon grass oil
- ¼ cup rice vinegar
- ¼ cup peanut oil
- ¼ cup soy sauce



## Directions

1. In your VacuWare FreshContainer™ combine chicken, sesame seeds, lemon grass oil and vinegar.
2. PowerMarinate™ in your FreshContainer™ for 15 minutes or more.
3. Seal & chill until ready to cook.
4. Heat wok or large skillet; add peanut oil and stir-fry chicken until cooked through (about 10 minutes).
5. Add remaining ingredients and stir-fry until vegetables are colorful and crispy (about 3-5 minutes).
6. Drizzle with soy sauce and season with salt and pepper. Serve over hot rice.