

Pepper Chicken Stir Fry

Ingredients:

- ✓ 2 lb chicken thighs, thinly sliced
- ✓ 1 tbsp corn starch
- ✓ 1 tsp turmeric
- ✓ 1 tsp ground ginger
- ✓ 2 tsp black pepper
- ✓ 3 tbsp sesame oil
- ✓ 1/3 cup soy sauce
- ✓ ¼ cup honey
- ✓ 2 tbsp rice vinegar
- ✓ 1 tbsp fish sauce
- ✓ 2 bell peppers, sliced
- ✓ 1-2 jalapenos, sliced
- ✓ 1 red or white onion, sliced
- ✓ 1 cup fresh basil, chopped



Total Time: 35 minutes Servings: 4

Directions:

1. In a medium bowl, toss together the chicken, cornstarch, turmeric, ginger, and black pepper.
2. In a glass jar, combine the honey, soy sauce, rice vinegar, fish sauce and ¼ cup water.
3. Heat the oil in a large skillet over medium-high heat. Add the bell peppers, jalapeños, and onion, cook 2-3 minutes, until the peppers are charring. Stir in the chicken, tossing to combine with the peppers, cook 2 minutes.
4. Pour in the honey/soy sauce mix. Bring the sauce to a boil over medium-high heat and cook until the sauce coats the chicken, about 8-10 minutes. If needed, add a tsp of corn starch mixed with water to help thicken. Remove from the heat and stir in the basil.
5. Serve over rice.