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\*\*\* Recipe 2: Quick Chicken & Veggie Stir-fry with Rice

\*\*Description:\*\* A fast and versatile stir-fry featuring tender chicken, crisp vegetables, and a savory soy sauce glaze, served over fluffy rice. Great for using up whatever veggies you have on hand!

\*\*Steps:\*\*

1. \*\*Cook Rice:\*\* Prepare your rice according to package directions (if not already cooked).
2. \*\*Prep Chicken:\*\* Cut chicken into bite-sized pieces. Season with a pinch of salt and pepper.
3. \*\*Stir-fry Chicken:\*\* Heat cooking oil in a large skillet or wok over medium-high heat. Add chicken and stir-fry until cooked through and lightly browned, about 5-7 minutes. Remove chicken from skillet and set aside.
4. \*\*Sauté Veggies:\*\* Add a little more oil if needed. Add chopped vegetables (carrots first if using, then bell peppers, broccoli, etc.) and stir-fry for 3-5 minutes until tender-crisp. Add minced garlic and ginger (if using) and stir-fry for another minute until fragrant.
5. \*\*Combine & Sauce:\*\* Return cooked chicken to the skillet with the vegetables. Pour in soy sauce and stir to coat everything. Cook for 1-2 minutes to allow the sauce to thicken slightly.
6. \*\*Serve:\*\* Serve the chicken and veggie stir-fry immediately over the hot, cooked rice.

## AGENT 3 - SHOPPING LIST:

Based on the suggested recipes, here are the additional ingredients you'll need:

- \* \*\*Pantry Staples:\*\*
  - \* Olive oil or Cooking oil (e.g., vegetable, canola)

