

Decent stir fry, that works with basically any veggie.

- | | |
|---|--|
| 1 2lb Chicken Breast, cut to 2in
3 TBSP cornstarch | Toss cut up chicken in cornstarch. |
| 2 2 TBSP sesame oil | In large skillet, heat oil till glistening. In small batches, add chicken and crisp, 8 min. Add oil if needed. |
| 3 2 TBSP sesame oil
3/4 lb Green Beans, trimmed | Add oil and heat. Add green beans, until blistered, 5 min. Remove from pan. |
| 4 3 minced garlic cloves
1 TBSP minced ginger
1/4 cup soy sauce or tamari
1 tsp chili paste
1/4 Sea Salt | Heat to medium low, cool off. Add Garlic, ginger, soy sauce, paste, salt. Stir till garlic is fragrant. |
| 5 | Add chicken and veggies back to pan, stir to coat. |
| 6 Sesame Seeds | Serve with with sesame seeds |