

Meats-Poultry-Game

Orient Express Recipe

Ingredients:

1 can 13-14 oz. chicken broth
2 tbs. ARGO corn starch
2 tbs. G.F. soy sauce
1/2 tsp. fresh ground ginger
6 cups assorted vegetables such as: sliced carrots, broccoli florets, sliced mushrooms or sliced red peppers
2 tbs. corn oil & sesame seed oil 2 cloves of garlic (chopped fine)
3/4 lb. boneless skinless chicken breast cut into strips
8 oz. of rice pasta or 2 cups cooked rice.

Instructions:

In small bowl stir first 4 ingredients until smooth, set aside. Heat oil in a large skillet or wok over medium-high heat. Stir in garlic, brown lightly, then add chicken. Cook, stirring rapidly (stir fry), for 2 minutes. Add vegetables: stir fry 3 minutes or until tender-crispy. Stir corn starch mixture; add to skillet, stirring constantly. Bring to boil and continue boiling for 1 minute. Serve with rice or pasta. Remember to check all ingredient labels as they can change quickly and without notice.

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