



## STIR FRIED CHICKEN BREASTS

- 2 Cups Boiled Rice
- 3 Chicken Breasts
- 1 Teaspoon Salt
- 2 Teaspoons Cornstarch
- 1 Tablespoon Sherry
- 1 Egg White, Lightly Beaten
- 1/3 Cup Sliced Onions
- 1 Cup Julienned Bell Pepper
- 1/2 Cup Diced Water Chestnuts
- 1/2 Cup Celery, Cut On The Diagonal
- 2 Tablespoons Peanut Oil
- 1/2 Cup Chicken Stock
- 2 Tablespoons Soy Sauce
- 2 Tablespoons Cornstarch
- 3/4 Cup Chicken Stock

## DIRECTIONS

1. Cut chicken into thin strips.
2. Mix chicken with salt, 2 teaspoons cornstarch, sherry and egg white.
3. Heat peanut oil in wok over medium heat.
4. Add chicken and cook until halfway done.
5. Add vegetables and chicken stock.
6. Cover and cook for 2 to 3 minutes.
7. Combine cornstarch, soy sauce and 3/4 cup chicken stock in a bowl.
8. Whisk until smooth.
9. Stir into wok and heat for 1 minute to thicken.
10. Serve over rice.