

Italian Chicken Stir Fry with Vegetables



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Recipe by: Laura Vitale

Serves 6

Prep Time: 20 minutes

Cook Time: 20 minutes

Ingredients

- 1-1/4 lb of Chicken Breast, thinly sliced
- 1/2 cup of Tomato Puree
- 2 Tbsp of Chopped Parsley
- 3 Cloves of Chopped Garlic
- 1 tsp of Dried Oregano
- 2 Tbsp of Olive Oil
- Salt, to taste
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For the rest of the ingredients:

- 5 cups of Chopped veggies, such as bell peppers, onions, mushrooms, and asparagus
- 2 Tbsp of Olive Oil
- 1/2 cup of Chicken Stock
- 2 Tbsp of Tomato Puree
- 1 tsp of Balsamic Vinegar
- Chopped Parsley
- Salt, to taste

1) In a large bowl, toss the thinly sliced chicken with the tomato puree, olive oil, parsley, garlic, oil and salt cover and pop it in the fridge for at least an hour.

2) In a very large skillet, over medium high heat, add a little oil and then start searing the chicken (it doesn't have to be fully cooked at this point and you don't want to over crowd the pan so do it in batches) until golden brown on both sides then remove to a plate and set aside.

3) Once all your chicken is seared, add a touch more oil to the pan, then add the veggies along with a good pinch of salt and saute on medium high until they develop some caramelized color and cook down slightly, about 4 minutes.

4) In a small measuring cup, whisk together the stock, tomato puree and balsamic, add it in with the veggies along with the partially cooked chicken, reduce the heat to medium, partially cover the pan with a lid and cook for about 6 minutes, then remove the lid, increase the heat to high and cook for 2 more minutes. Sprinkle over some fresh parsley and dig in!

