

CHICKEN STIR FRY

easy college meals

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INGREDIENTS

- 2 boneless, skinless chicken breasts (you can use as many as you want. I chose 2)
- 1 lb. bag frozen stir fry mix (onion, red pepper, green pepper, yellow pepper)
- 1/2 medium white onion, chopped (optional)
- soy sauce (can use reduced sodium)
- honey
- rice (optional)
- olive oil

DIRECTIONS

1. Chop the chicken breasts in to 3/4 inch uniform cubes and place into a medium bowl or container. Drizzle about 1 tbsp of honey over chicken. Add about 1/4 cup of soy sauce. This is really just eyeballed, but you want enough to coat the chicken. Tenderize the chicken (stab with a fork) while in the marinade. Then cover and put in the fridge for an hour or up to overnight.

2. Heat skillet over medium-high heat and add stir-fry mix and onion. Boil off the juices. Once juice is fully evaporated, drizzle olive oil over the vegetables and brown. Once vegetables are fully cooked, remove from pan.

3. Add chicken and remaining marinade in container to the skillet. Continue cooking over medium-high heat to boil off the juices. Once juices are evaporated, brown the chicken. You can also add more soy sauce to give the chicken even more flavor. Once browned, remove from pan.

4. OPTIONAL. Add 1/2 cup to a cup of water to the pan to lift the browned bits from the pan. Stir until browned bits are lifted. Pour the sauce over the chicken and vegetables.

5. Serve over rice or Asian rice noodles.

This can be served right away or formed into individual meals for the week. Enjoy!