

## MORTON & BASSETT SPICES®

# Seared Ginger Peas & Sauteed Chicken



- 4 tablespoons olive oil
- 1 teaspoon Morton & Bassett Chopped Onion
- 1 teaspoon Morton & Bassett Red Chili Flakes
- 1 pound chicken breast
- ½ pound sugar snap peas
- 1 teaspoon Morton & Bassett Ground Ginger
- 1-2 green onions, sliced
- 2 sprigs fresh mint
- ½ teaspoon Morton & Bassett Black Sesame Seed

Coat a pan with 2 tablespoons of olive oil and heat over medium high heat. Add in M&B Chopped Onion and M&B Red Chili Flakes, followed by chicken breast. Saute until chicken is fully cooked on both sides, about 7-10 minutes. Set chicken aside.

In the same pan, add sugar snap peas and remaining olive oil. Add M&B Ground Ginger and saute for 2-3 minutes. Top with green onion and fresh mint.

Serve on a platter and top with chicken breast. Garnish with M&B Black Sesame Seeds.

**Servings: 6 | Time: 15 minutes**



[mortonbassett.com](http://mortonbassett.com)

