



TABLE & TWINE



GINGER GARLIC
CHICKEN STIR FRY

Cauliflower

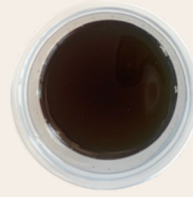
Chicken

Veggies

Rice

Glaze

Garnish



- STEP 1** Heat a sauté pan over medium heat and add one tablespoon of your preferred cooking oil.
- STEP 2** When the pan is hot, add chicken, broccoli, bell peppers, onions and bean sprouts to the pan and sauté for 3-5 minutes until the chicken and vegetables are hot or until the chicken reaches an internal temperature of the chicken reaches 165°F.
- STEP 3** Once the chicken and vegetables have come up to temperature, add sesame-lime glaze to the pan and toss to coat chicken and vegetables. Simmer on low for 1-2 minutes.
- STEP 4** While the chicken and vegetables are simmering, transfer cauliflower rice to a microwave-safe container and microwave for 1-2 minutes, stirring occasionally until hot.
- STEP 5** Transfer heated rice to your preferred plate or bowl, and top with stir fried chicken and vegetables. Garnish with scallions and toasted sesame seeds. Serve immediately.