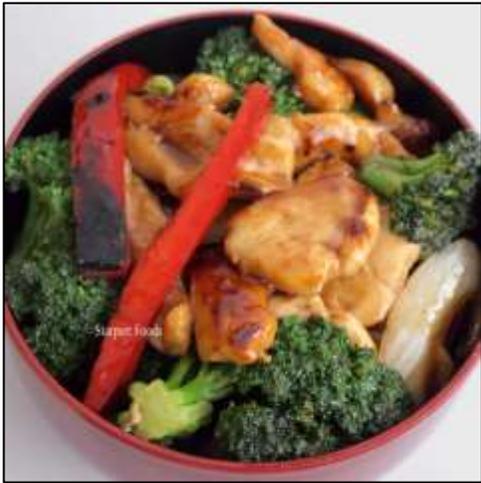




Chicken and Broccoli with Wok Sauce Rice Bowl



Ingredients

- 1/3 C. **Classic Wok Sauce*** (Starport 250)
- 3 oz. Chicken breast, sliced 1.5" x 1/2" thick, marinated and velvetized
- 1 C. Broccoli florets (3 oz.)
- 1/2 C. Onions. Sliced 1/4" wide strips
- 1/4 C. Red bell peppers, sliced 1/4 x 1" (1 oz)
- 2 tsp. Garlic/ginger fusion mixture (optional)
- 1 Tbsp. Corn oil
- 8 oz Hot steamed rice

* Other delicious Starport sauces for this recipe: **Garlic Sesame Sauce** (Starport 209), **Brown Stir-fry Sauce** (Gluten Free Starport 214), **Spicy Orange Sauce** (Gluten Free Starport 127), **General Kung Pao Sauce** (Gluten Free Starport 345), **Spicy Szechuan Sauce** (Starport 322) and **XOX Teriyaki** (Starport 217).



Instructions

1. Heat wok, add oil and onions, stir-fry 10 seconds then add garlic/ginger fusion mix.
2. Stir-fry 30 seconds; add velvetized chicken and red bell peppers.
3. Stir-fry 1 minutes add **Classic Wok Sauce** stir-fry until steaming hot, remove and place on top of hot steamed rice in a bowl.
4. May be garnished with chopped green onions.

Chicken Marinade and Velvetization:

1. To marinate: For 10 lbs. sliced or diced chicken, dissolve 0.4 lb. (7/8 C.) **Marinade Seasoning** (Gluten Free Starport 356) in 1-1/4 C. water and mix in 1 C. oil. Mix well and marinate meat for 30 minutes or more.
2. To velvetize: Oil blanch chicken in deep fryer at 350 F in 2-pound batches for 60-80 seconds, un-clump the chicken pieces, remove and drain off oil.
3. When cool, place in covered container and refrigerate. Make batch daily.

Garlic and Ginger Mixture

1. Mince and mix 2 parts of garlic with one part of ginger by weight.
2. Place mixture in a pot and add enough vegetable oil to cover the garlic and ginger.
3. Heat mixture at low heat until boil for about three minutes, place in a close container and refrigerate when cool.
4. Keep unused portion refrigerated, make fresh batch once a week.