

THAI STEAMED CHICKEN AND VEGETABLES

Yield: 4 Servings

TOTAL TIME: 45 minutes

INGREDIENTS

- 3 boneless, skinless chicken breasts, (about 1½ lbs. total), trimmed
- ¾ cup Asian Classics Thai Peanut Sauce (International Foods), divided
- Juice of ½ lime (about 1 Tbsp.)
- Salt and pepper
- 4 heads baby bok choy (about 1 lb.)
- 1 pkg. (16 oz.) Food You Feel Good About Cleaned & Cut Stir Fry Vegetables (Produce Dept.)
- Large broccoli pieces halved (Produce Dept.)
- ¼ cup Mirin Rice Wine (International Foods)
- 2 cloves Food You Feel Good About Peeled Garlic, finely chopped



- 1 med. sweet red pepper, cut in 1-inch dice
- ½ bunch green onions, trimmed, chopped
- 1 oz. piece fresh ginger root, peeled, finely chopped (about 2 Tbsp.)

YOU'LL NEED

- 2 Steamer Baskets

PREPARATION

1. Slice each chicken breast diagonally into 4 strips; combine with ¼ cup peanut sauce and lime juice in medium bowl. Season with salt and pepper; mix well. Let stand 10 min.
2. Cut bok choy in quarters, layer bottom of both steamer baskets with bok choy. Divide stir-fry mix and pepper evenly and layer around and in between bok choy. Divide chicken mixture evenly and layer over vegetables. Cover.
3. Combine 1½ cups water, rice wine, garlic, and ginger in stir-fry or tegame pan; heat on high to rapid boil. Liquid must be hot enough to create steam below food, but must not touch it.
4. Place layered baskets in pan; steam about 20 min. or until chicken has reached internal temp of 165 degrees. To check temperature, lift lid away from face (use extreme caution and avoid steam) and insert thermometer into thickest part of chicken. Carefully remove from heat. Let rest 5–10 min.
5. Add remaining ½ cup peanut sauce to liquid in pan. Bring to boil; cook until reduced by half. Drizzle sauce over meal and top with green onions.

NUTRITION

Per serving: Calories: 380; Fat: 8 g (3 g saturated fat); Cholesterol: 115 mg; Carbohydrates: 26 g; Protein: 49 g; Fiber: 3 g; Sodium: 299 mg.

Recipe courtesy of Wegmans