

THAI STEAMED CHICKEN AND VEGETABLES

Yield: 4 Servings (4½ oz. chicken, 1½ cup veg. ¼ cup sauce)



TOTAL TIME: 35 minutes

YOU'LL NEED: Steamer Basket

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, to taste
- 4 heads baby bok choy (about 1 lb.)
- 1 pkg. (16 oz.) Cleaned & Cut Stir Fry Vegetables
- Large broccoli pieces halved
- 1 medium sweet red pepper, cut in 1-inch dices
- ¼ cup Mirin Rice Wine (International Foods)
- 2 cloves peeled garlic, finely chopped
- 1 oz. piece fresh ginger root, peeled, finely chopped (about 2 Tbsp.)
- ½ bunch green onions, trimmed, chopped

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 steamer basket 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; heat on high to rapid boil. Liquid must be hot enough to create steam below food, but must not touch it. Place layered basket in pan; steam about 15. min or until chicken has internal temp of 165 degrees. To check temp, lift lid away from face (use extreme caution and avoid steam) and insert thermometer into thickest part of chicken. Carefully remove from heat.
4. 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: 160; Fat: 8 g; Cholesterol: 0 mg; Carbohydrates: 20 g; Fiber: 2 g; Protein: 3 g; Sodium: 290 mg.

Recipe courtesy of Wegmans