



Ginger Cilantro Sesame Chicken and Vegetable Stir Fry



YIELD: 4 servings

INGREDIENTS	MEASUREMENTS
Sauce	
SupHerb Farms Fresh Frozen Ginger Cilantro Sesame Paste	2 Tbsp
Canola or peanut oil	1 Tbsp
Vinegar	2 tsp
Lemon juice	1 Tbsp
Stir Fry	
Canola or peanut oil	2 Tbsp
Chicken tenders – boneless/skinless	1 lb
SupHerb Farms Fresh Frozen Garlic, minced	2 Tbsp
SupHerb Farms Fresh Frozen Ginger Puree	1 Tbsp
Salt and pepper	To taste
Fresh vegetables, (your choice), bite size pieces	¾ lb
SupHerb Farms Fresh Frozen Onion Green	2 Tbsp

SAUCE PREPARATION

1. Combine SupHerb Farms Fresh Frozen Ginger Cilantro Sesame Paste, oil, vinegar and lemon juice. Blend well.
2. Set aside.

STIR FRY PREPARATION

1. Heat oil in a large wok or sauté pan.
2. Add chicken, SupHerb Farms Fresh Frozen Garlic, Ginger, salt and pepper. Sauté for 5 minutes.
3. Add vegetables, green onion and sauce. Stir and cook for 2 additional minutes.

TO SERVE

Serve over Asian noodles or rice.