

PEAR HONEY CHICKEN STIR-FRY

1 large head broccoli, cut in pieces
4 cloves garlic, minced
4 scallions, sliced
1 thumb ginger, minced
1 ½ cups basmati rice
4 T soy sauce
4 T **Emily G's Pear Honey Jam**
16 oz chicken tenders, sliced in thin strips
2 T white sesame seeds, optional
oil

Bring 2 ½ cups water and pinch of salt to boil. Add rice, cover and simmer 15-20 minutes. Whisk together garlic, ginger, soy, jam and 1 T of water in a small bowl. Heat a drizzle of oil in Wok or large pan over medium-high heat. Season chicken strips with salt and pepper. Add to pan and toss until nearly cooked, 3-4 minutes. Remove meat and set aside.

Add broccoli and scallions to same pan (if veggies seem dry, add a drizzle of oil). Cook until tender but still crisp, 3-4 minutes. Add chicken and sauce and cook another 2-3 minutes. Garnish with Sesame seeds.



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