

# Fresh and Healthy Chicken & Vegetable Stir Fry

## **INGREDIENTS:**

- 4 cups of cut up grilled chicken
- 1 tablespoon sesame oil
- 8 oz of sliced mushrooms (about 2 cups)
- 4 cups of chopped Bok Choy
- 1/2 cup of Organic vegetable broth
- 1/2 cup or 1 small can of water chestnuts

## **SAUCE:**

- 1/4 cup of Liquid Aminos or Soy Sauce
- 1 to 1.5 tablespoons of Sriracha Hot Sauce
- 1 teaspoon Sesame seeds
- 1/2 cup fresh Basil (garnish)

## **DIRECTIONS:**

Turn on stove top to medium high. Put 1 tablespoon of sesame oil into a wok or large pan. Add in the chopped Bok choy, the mushrooms and the vegetable broth. Cook everything together until the mushrooms and bok choy start to get soft. For the stir fry sauce, simply mix the liquid aminos, sriracha sauce and sesame seeds together. Then add this sauce into your wok and mix stir fry and sauce together and cook on medium low for another 5 minutes. Serve with some fresh, chopped basil on top!

Serves: 5 - 6