



Century
Federal Credit Union

Recipes for Success

Chicken Teriyaki Stir Fry

Jen, Marketing Director

Ingredients

- 2 Tbsp olive oil
- 1 large onion, sliced
- 3-4 carrots, sliced
- 3-4 stalks of celery, sliced
- 2 cups of mushrooms, sliced
- 2 cups of broccoli, chopped
- 2 chicken breasts, cubed
- 1 Tbsp ground ginger
- 1 Tbsp garlic powder
- 2 Tbsp sesame seeds
- 1 cup of teriyaki sauce
- Salt & pepper to taste
- 1 bag of rice noodles, prepared as directed



Directions

1. Heat olive oil over medium heat. Sauté onions , carrots, celery and mushrooms until cooked through.
2. Add chicken and cook through.
3. Add ginger and garlic powder, cook for 2-3 minutes to combine.
4. Turn heat down to a simmer and add teriyaki sauce and sesame seeds and bring up to temperature. Add salt and pepper if needed.
5. Prepare rice noodles as directed on the package. Drain and toss with stir fry and serve.