



## Ginger Chicken & Green Beans

**Cook Time:** 20 Minutes

A delectable Asian inspired stir-fry with crisp green beans, onion, garlic, fresh ginger, almonds and natural chicken cutlets.

**Ingredients:**

Boneless Chicken, Rice, Green beans, Onion, Garlic, Fresh Ginger, Honey, Almond Slivers, Soy Sauce

**Things You May Need:**

Wok or Large Skillet

Cutting Board

Sharp Knife

Medium Pot

Ingredients are subject to availability

# Ginger Chicken & Green Beans

## Ingredients:

boneless chicken

rice

green beans

1/2 onion

3 garlic cloves

fresh ginger

honey

almond slivers

soy sauce (optional)

## Instructions:

1. Cook the rice: bring 2 cups of water per 1 cup of rice to a boil. Stir in rice; then turn heat down to simmer, cover, and cook for about 15 minutes or until rice is tender and liquid is gone.
2. Meanwhile, cut the chicken into 1 inch pieces. Season chicken with salt & pepper. Heat 1 tablespoon of olive oil in a large non-stick wok or skillet over medium-high heat. Add chicken and cook until slightly browned, about 2-3 minutes.
3. Trim the green beans and cut into half. Stir in green beans and stir fry for about 7 minutes.
4. Meanwhile, chop the onion and mince the garlic and ginger. Combine into the stir-fry with the honey, almonds and soy sauce (optional). Cook for 3-5 minutes, stirring continuously.
5. Season with salt and pepper to taste and serve over rice. Enjoy!