



Chicken Vegetable Stir Fry

Makes: 50 child servings

Ingredients

Imperial Measurement	Ingredient	Metric Measurement
7.7 lbs	boneless, skinless chicken (approx. twenty 6 oz (170 g) pieces)	3.5 kg
½ cup	vegetable oil	125 mL
4 heads	broccoli, cut into small florets	4 heads
5	carrots, sliced	5
4 stalks	celery, sliced	4 stalks
4	peppers, sliced	4
1 bunch	green onions, sliced	1 bunch
Marinade & Sauce:		
2 cups	reduced-sodium soy sauce	500 mL
2 cups	water	500 mL
8 cloves	garlic, minced	8 cloves
1 tbsp	fresh ginger, grated	5 mL
Thickener:		
½ cup	water	125 mL
¼ cup	cornstarch	60 mL
Optional:	mushrooms bok choy cauliflower snow peas	

Note 1: Instructions are on page 2.

Note 2: Vegetarian Substitution suggestion is on page 2.

Note 3: Nutrition Information is on page 2.

Instructions

1. Combine Marinade/Sauce ingredients and blend with an immersion blender (or regular blender).
2. Cut chicken into bite-sized (1-inch) pieces. Pour half of the Marinade/Sauce onto chicken and marinate for 2 – 3 hours or overnight. Drain and discard liquid.
3. Heat half of the oil in a large frying pan over medium-high heat. In small batches, brown chicken and cook until no longer pink inside. Reserve in a covered stainless steel bowl in the oven, until all chicken is cooked. Between batches, empty frying pan of any liquid that accumulates and re-season with oil.
4. Meanwhile, heat remaining oil in a wok or large frying pan/pot. Add broccoli and sauté for 5 minutes. Add sauce and stir to distribute.
5. Add carrots, green onions, peppers, and Optional vegetables (if using), and continue to cook until broccoli is bright green and tender.
6. In a small bowl, combine cornstarch/water. Add to the pan and stir until thickened. Add chicken and toss to coat with sauce.

Vegetarian Substitution suggestion:

Tofu Stir Fry (see recipe)

Nutrition Information	
Serving 150 g (5.5 oz)	
Calories	150
Fat	4 g
Saturated 0.5 g	
+ Trans 0 g	
Sodium	460 mg
Carbohydrates	5 g
Fibre 1 g	
Sugars 2 g	
Protein	23 g
Calcium	30 mg
Iron	1.5 mg

Food Guide Servings
1 Vegetable & Fruit
1 Meat & Alternative