

Squash, Broccoli, & Chicken Stir Fry

Yield: 6 portions



Sauce:

1 clove garlic, minced
1 Tbsp. fresh ginger, minced
1/4 cup soya sauce
2 Tbsp. sugar
3 - 4 Tbsp. cornstarch
1/2 Tbsp. sesame oil
2 Tbsp. red wine vinegar
1 1/2 cups water
salt and pepper to taste

Stir-Fry:

1/2 LOCAL butternut squash, peeled,
seeded, and diced
2 Tbsp. brown sugar
salt & pepper to taste
1/2 cup olive oil, divided
3 cups broccoli florets
2 cloves garlic, minced
1 Tbsp. fresh ginger, minced
4 - 6 boneless, skinless chicken breast,
sliced
2 Tbsp. sesame seeds, roasted
1/2 bunch green onions, fine sliced
cooked rice

Sauce: Combine all ingredients in a pot, mix well and bring to a boil.

Stir Fry:

Roast squash, seasoned with sugar, salt, pepper and 1 Tbsp. of oil in the oven for 30 to 40 min. until golden brown. Set aside.

Stir fry broccoli in a very hot skillet with 2 Tbsp oil, garlic, ginger, salt and pepper. Set aside.

Sauté chicken in remaining oil, until nicely browned and just cooked through.

Add broccoli and squash to chicken. Mix with stir fry sauce. Serve with rice, garnished with green onions and sesame seeds.