

Stir-fried Chicken with Bok Choy

In restaurants, stir-frying is done in extra-large woks over very high heat. To approximate the effect at home, don't crowd the meat in the pan, and make sure the wok or pan and oil are nice and hot before you add the chicken in this delicious recipe.



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Serves 4

- ¼ c. fresh orange juice
- 1 Tbs. white vinegar
- 2 tsp. honey
- 2 boneless chicken breasts (about 1 pound total)
- 1 Tbs. toasted sesame oil
- 2 Tbs.+ 1 Tbs. cooking oil
- 3 garlic cloves, peeled and thinly sliced
- 3 tsp. minced peeled fresh ginger
- 1 small jalapeno, seeded and sliced
- 4 c. sliced bok choy (from 1 large head or 4 baby bok choy)
- 1 red onion, sliced
- 1 bunch asparagus, trimmed and cut into 1-inch chunks
- 1 tsp. salt

In a small bowl, combine orange juice, vinegar, honey and 1 Tbs. water. Slice chicken across the short way into very thin strips.

In a large wok or skillet, heat sesame oil, 2 Tbs. cooking oil, garlic, ginger and jalapeno over medium high heat until fragrant, about 1 minute. Add chicken in a single layer, pressing against pan to sear.

Using a second skillet to prevent crowding, stir fry the onion and asparagus in 1 Tbs. oil until onion is transparent, about 3 minutes.

Meanwhile, continue cooking chicken, stirring, until lightly browned and just cooked through, 6 to 8 minutes. Add bok choy and cook, stirring, until bok choy slightly wilts, about 1 minute. Pour in stir fried onion and asparagus. Add orange juice mixture and salt and cook until sauce reduces slightly, 2 minutes. Add additional salt to taste.