

Korean "Chicken" Stir Fry RECIPE

Korean "Chicken" Stir Fry



<?xml version="1.0"?>

TIME

20 min

INGREDIENTS

12 items

MAKES

4 servings

Meatless Mondays will never be the same. Try incorporating delicious plant-based chicken tenders to BEN'S ORIGINAL $^{\text{m}}$ SPICY STYLE Korean BBQ Flavour rice, mix with a hearty selection of fresh veggies and serve!

SHARE

- Pinterest (opens in new window)
- Facebook (opens in new window)
- Twitter (opens in new window)
- Download (opens in new window)
- Print (opens in same window)
- <?xml version="1.0" encoding="UTF-8"?> Email (opens in new window)

Use the email icon to send the Grocery list and the Recipe to your email.

<?xml version="1.0"?>

Share your Recipe

Select options

Email a grocery list

Email a grocery list

Email a recipe

Email a recipe

Email address

Email address

CAPTCHA

This question is for testing whether or not you are a human visitor and to prevent automated spam submissions.

INGREDIENTS

- 2 pouches (each 240g) of BEN'S ORIGINAL™ SPICY STYLE Korean BBQ Flavour
- 2 tsp (10mL) Canola oil
- ½ cup (125mL) Diced onion
- ½ cup (125mL) Sliced carrots
- ½ cup (125mL) Sliced celery
- ½ cup (125mL) Sliced pepper
- ½ cup (125mL) Broccoli florets
- ½ cup (125mL) Snap peas
- 1 cup (250mL) Sliced mushrooms
- 1 cup (250mL) Chopped bok choy
- 8 Plant based chicken tenders
- 1 tbsp (15mL) Korean BBQ sauce/marinade

INSTRUCTION

1. 1

Heat a large wok (at least 12"/30 cm) over medium-high heat. Add oil. Add vegetables one at a time starting with the harder vegetables. Stir fry for one minute then add the next in the following order – onion, carrots, celery, pepper, mushroom, broccoli, snap peas, bok choy. Stir fry constantly moving the vegetables around the pan until tender-crisp. Remove vegetables from wok.

2. 2

Add chicken tenders to wok and sear on all sides. Add Korean BBQ sauce and toss to coat. Remove from heat.

3. 3

Heat BEN'S ORIGINAL™ SPICY STYLE Korean BBQ Flavour according to package directions.

4. 4

To serve divide prepared BEN'S ORIGINAL™ SPICY STYLE Korean BBQ Flavour and top with stir fried vegetables and chicken tenders. Enjoy!

RECIPE NOTES:

 Have all your prep finished before you start cooking – this recipe comes together quickly.

- Garnish with sliced green onions.
- Remember: the smaller the pieces the faster they cook.
- Change up the vegetables total amount of vegetables should be 4-5 cups/1000-1250 mL.

NUTRITION

DESCRIPTION AMOUNT PER SERVING

- Calories 310
- Carbohydrates (g) 53 g
- Fiber (g) 6 g
- Protein (g) 15 g
- Total Fat (g) 6 g
- Sodium (mg) 643 mg
- Sugars (g) 8 g

CATEGORIES:

Vegetable / Vegeterian, less than 20, Ready to Heat Rice

MORE RECIPES LIKE THIS



Sweet and Sour Peach and Pork Stir Fry with Jasmine Rice

Cooking time

30 min

Ingredients

13 items

SEE DETAILS



Sesame Beef and Green Beans

Cooking time

20 min

Ingredients

9 items

SEE DETAILS



Chicken Stir Fry

Cooking time

20 min

Ingredients

11 items

SEE DETAILS

Source URL: https://ca.bensoriginal.com/recipes/korean-chicken-stir-fry