Ben's Original™/MC

Korean "Chicken" Stir Fry
RECIPE

Korean "Chicken" Stir Fry



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™ SPICY STYLE Korean BBQ Flavour rice, mix with a hearty selection of fresh veggies and serve!

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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. 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. Add chicken tenders to wok and sear on all sides. Add Korean BBQ sauce and toss to coat. Remove from heat.
3. Heat BEN’S ORIGINAL™ SPICY STYLE Korean BBQ Flavour according to package directions.
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

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Sweet and Sour Peach and Pork Stir Fry with Jasmine Rice

Cooking time

30 min

Ingredients

13 items



Sesame Beef and Green Beans

Cooking time

20 min

Ingredients

9 items



Chicken Stir Fry

Cooking time

20 min

Ingredients

11 items

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