



Chicken Stir Fry Recipe

Curated by Chef Christina Machamer

“I love this stir fry because it packs a ton of flavor and nutrients, is easy to customize, and fits into almost any diet as it is gluten free, dairy free, and sugar free. It is super simple to execute, and pairs well with sparkling wines, white wines, and lighter reds like Pinot Noir or Zinfandel. If you are a Cabernet fan, switch the protein to skirt steak and add an extra squeeze of lime. Serve over rice or use cauliflower rice to keep it low carb.”



Ingredients

1 Tablespoon	Toasted sesame oil
1 Tablespoon	Light olive oil, coconut oil, or canola oil
1 each	Boneless/skinless chicken breast or thighs, sliced thin
1 Tablespoon	Ginger, minced
1 Tablespoon	Garlic, minced
2 Cups	Fresh vegetables, sliced thin (I like to use red onion, bell pepper, carrot, zucchini, yellow squash, and broccolini)
3 Tablespoons	Coconut Aminos Garlic Sauce
To Taste	Fresh lime juice and soy sauce

Garnish with cilantro and cashews or roasted peanuts

Method

1. Heat a large skillet over medium/high heat. Add sesame, or other oil, and chicken. Sauté until opaque and cooked through, about 6 minutes.
2. Move chicken to the outer edge of the pan and sauté ginger and garlic in the center until aromatic, about 1 minute.
3. Add vegetables to the pan in order of cook time - onion, bell pepper, carrot first, sauté for 2 minutes, then add squash and broccolini.
4. When vegetables are fully cooked, add Coconut Aminos Garlic Sauce, and simmer until sauce is reduced to a glaze. Adjust seasoning with fresh lime juice and/or soy sauce as desired. Serve with fresh cilantro and either roasted peanuts or cashews.

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