

Quick Pepper-Chicken Stir Fry

Chicken Marinade

- 1 pound boneless skinless chicken breast
- 1/2 teaspoon baking soda
- 1/2 teaspoon sesame oil
- 1 Tablespoon soy sauce
- 1 Tablespoon rice wine

Cut up chicken into bite-sized cubes and place in a bowl. Add marinade ingredients, and stir. Let sit for 15 minutes.

Sauce

- 2 Tablespoons tapioca starch
- 2 Tablespoons rice wine
- 3 Tablespoons soy sauce
- 1 Tablespoon honey
- 1/2 teaspoon fresh grated ginger
- 1/2 teaspoon sesame seeds
- 1/4 teaspoon red pepper flakes

Mix tapioca starch with rice wine in a small bowl. Add other sauce ingredients and set aside.

Cooking

- 2 Tablespoons cooking oil
- 3-4 cups chopped vegetables (such as zucchini, snow peas, broccoli, carrots, cauliflower, and/or cabbage)
- fresh-ground black pepper corns

Heat oil in a wok or deep skillet over medium-high heat. Add chicken and stir fry until cooked through. Add chopped vegetables and stir fry until they are tender but not so soft they become mushy. Add sauce, and stir (it will thicken quickly). Removed from heat and grind peppercorns over the stir-fry. Serve with rice.