

# Sweet and Sour Chicken Stir Fry

*A healthy, tasty, and easy recipe you can try in even the smallest of kitchens.  
Serves: 3-4 Prep time: 25-30 minutes*

## INGREDIENTS

- ¼ cup peach or apricot jam, or orange marmalade
- 1 tablespoon white vinegar
- 1 tsp garlic salt
- 1 tsp soy sauce
- ¼ tsp crushed red pepper flakes
- 2 Tbsp olive oil
- 2 large boneless skinless chicken breasts, cut into 1 inch cubes
- 1 bag frozen chopped vegetables (bell pepper strips, onion, broccoli, baby corn...)
- 2 cups hot cooked rice (try brown for extra fiber)



## PREPARATION

1. Combine fruit spread, vinegar, garlic salt, soy sauce and crushed red pepper flakes; stir until well blended. Set aside.
2. Heat oil in a wok and stir-fry chicken until tender and browned; add bag of thawed vegetables and stir fry for another 5 minutes.
3. Add fruit spread sauce and toss gently to mix well and heat through.
4. Serve over hot cooked rice.

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