

Orange Ginger Stir Fry

Recipe makes 6 meals

Ingredients

2lbs Boneless Skinless Chicken Breast, chopped
1.5 C White Rice, uncooked
24 oz California Veggie Mix
12 oz Broccoli
13 oz bottle G Hughes Orange Ginger Marinade
1 Tbsp Pepper Flakes (optional)
Salt and Pepper to taste



Nutrition Profile

- per meal -

Calories - 363

Fat - 1g

Carbohydrates - 48g

Protein - 44g

Estimated Cost
Per Meal

\$2.33

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Instructions

1. Start by chopping your chicken into bite size pieces and place in a large mixing bowl. Pour in half of your G Hughes sauce (you'll use the other half later). Mix to coat well. Cover, and place in the fridge for at least one hour, preferably overnight.
2. When you are ready to cook, start your rice.
3. While your rice is cooking, heat a large skillet or wok over medium-high heat. Once your pan is hot, add in your marinated chicken.
4. While your chicken is cooking, place your bags of vegetables in the microwave and steam for about 5 minutes. They do not have to be cooked all the way. This is just to reduce the amount of time needed in the pan.
5. When your veggies are done steaming in the microwave, open and drain the excess liquid in the sink. Then add your veggies in with your chicken and mix well.
6. Optional - You can add a tablespoon of crushed pepper flakes for some heat.
7. Lastly you will add the other half of your sauce to your chicken. If you prefer, you can actually add the remaining sauce to your cooked rice instead. This is part is up to you.
8. Taste your stir fry and add salt and pepper to preference.
9. Enjoy!

Notes

- Feel free to make this fit your preference by subbing out different veggies or swapping the chicken out for steak, shrimp, or tofu!
- For even distribution of meals among meal containers, you can either estimate the portions, or weigh the entire batch, and divide that number by your number of meal containers. This recipe makes six meals, so it would be the total weight, divided by six. That will be your portion size per meal.
- If storing for meal prep, place into freezer safe meal containers, and place in the freezer for freshness. Take the meal out of the freezer and place it in the refrigerator the night before to let the meal thaw out.