



Thai Chicken Stir-Fry

Skip the takeout counter and cook at home! A warm and flavorful Asian stir-fry tops a colorful salad or hot cooked rice for an unbeatable main dish.

Dressing

- ¾ cup creamy poppy seed salad dressing
- 2 garlic cloves, pressed
- 1 1-inch piece unpeeled fresh gingerroot, grated and juiced

Salad

- 1 package (6 ounces) fresh baby spinach leaves
- 1 package (12 ounces) broccoli slaw mix
- 1 medium cucumber, scored, seeded and sliced
- 1 small red bell pepper, sliced into thin strips

Chicken Mixture

- 1 pound boneless, skinless chicken breasts, flattened and cut into ½-inch cubes
- ¼ cup snipped fresh basil leaves
- ¼ cup peanuts, chopped



Other variations of this recipe can be found in Season's Best® Recipe Collection Spring/Summer '05.

1. For dressing, in **Stainless (2-qt.) Mixing Bowl**, combine salad dressing and garlic. Grate gingerroot using **Ultimate Slice & Grate**. Gather gingerroot in palm of hand and squeeze over bowl to release juice; discard flesh. Whisk until well blended and set aside.
2. For salad, place spinach, slaw mix, cucumber and bell pepper in **Simple Additions® Large Bowl**; refrigerate until ready to serve.
3. For chicken mixture, heat **Stir-Fry Skillet** over medium-high heat. Lightly spray skillet with nonstick cooking spray. Add chicken to skillet in a single layer. Cook without stirring 2 minutes or until chicken begins to brown. Stir-fry 2-3 minutes or until chicken is no longer pink; remove from heat. Add basil, peanuts and ¼ cup of the dressing; toss to coat.
4. To serve, toss salad with remaining dressing; top with chicken mixture and serve immediately.

Yield: 8 servings

Nutrients per serving: Calories 210, Total Fat 10 g, Saturated Fat 1.5 g, Cholesterol 35 mg, Carbohydrate 12 g, Protein 16 g, Sodium 280 mg, Fiber 3 g

Variation: Thai Chicken Stir-Fry with Rice: Omit salad ingredients. Prepare dressing as directed in Step 1. Double the chicken mixture; prepare as directed in Step 3, stir-frying chicken in two batches. Toss chicken with all of the dressing. Serve chicken mixture over hot cooked rice prepared with **Rice Cooker Plus**.

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