

# Ram's Horn Restaurant

## Chicken Stir Fry Recipe

### Ingredients:

8 oz Chicken

12 oz mixed vegetable (Approximately 2oz of each)

- Carrots
- Broccoli
- Onion
- Mushroom
- Red Bell Pepper
- Zucchini

5 oz Rice Pilaf

2 oz Teriyaki Glaze

2 oz vegetable oil

Dash of Salt

Dash of Ground Pepper

Dash of Garlic Powder

Dash of Sesame Seeds

### Directions:

Place 5oz of rice pilaf in sauce pan

Add 1  $\frac{3}{4}$  cups of water at medium heat

Stir well

Reduce heat and let simmer for 10 minutes

Remove from heat and let sit for 5 minutes

Heat Sauce pan with 1 oz of vegetable oil and medium/high heat

Cook mixed vegetables for 3-4 minutes

Sauté with 1 oz of teriyaki glaze

Grill Chicken until it reaches an internal temperature of 165\*

Remove chicken from grill and cut Julienne style

Place in mixing bowl or pan and sauté with 1 oz of teriyaki glaze

Place Rice Pilaf in serving bowl

Place vegetables on top of rice

Place chicken on top of vegetables