HEART-HEALTHY RECIPE





MAKES 4 SERVINGS OF OF OF

Mango and Chicken Stir Fry with Snap Peas

- 1 In a large bowl, mix chicken with sesame oil, cornstarch and naturally brewed soy sauce and let stand for 10 minutes.
- 2 Heat a wok or heavy saute pan over high heat. Add oil, add chicken and stir-fry until just cooked through, about 6-8 minutes.
- 3 Add snap peas and Spicy Mango Salsa. Season with salt and pepper and check for flavor.
- 4 Serve with white rice.

© 2006 Ming Tsai

INGREDIENTS

- 2 pounds boneless, skinless chicken thighs, cut into 1-inch pieces
- 1 tablespoon sesame oil
- 1 tablespoon cornstarch
- 1 tablespoon naturally brewed soy sauce
- 1 pound snap peas, blanched in salted water, refreshed in ice water and drained
- 2 cups Spicy Mango Salsa*
 ½ cup reserved for garnish
- 4 cups cooked white rice

*see next recipe

MEMO