

Chicken and Asparagus Stir Fry

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Ingredients:

- 2 boneless, skinless chicken breasts, cut into bite-sized pieces
- 1/2 cup of dry sherry
- 1 1/2 tablespoons of soy sauce
- 1 tablespoon of honey
- 1 teaspoon of sesame oil
- 1 teaspoon of cornstarch
- olive oil for cooking
- 1 bunch of asparagus, sliced 1" wide on an angle
- 2 cloves of garlic, minced
- salt and pepper to season
- 1 scallion, finely chopped for garnish (optional)

Preparation:

In a medium bowl combine chicken, sherry, soy sauce, honey, sesame oil and cornstarch. Mix everything with your fingers. Refrigerate and let it marinate for 30 minutes.

In a large skillet over medium high heat, add olive oil and chicken. Brown chicken, about 4-5 minutes. Using a slotted spoon, transfer chicken to a clean bowl and set aside.

In the same skillet over medium heat, drizzle some olive oil and add asparagus and garlic. Season with salt and pepper and sauté for about 5 minutes. Add chicken back into the skillet and continue to cook for about 1-2 minutes. Remove from heat and check for seasoning. Serve this over rice and garnish with chopped scallions if desired.