

Easy Weeknight Chicken Stir-fry

June 2015 - *Fab in Forty Minutes or Less*

4 Servings



INGREDIENTS:

8-12 strips of pre-cooked chicken strips, thawed if frozen (Depends upon size. About 3 ounces for each serving)
2 stalks celery, sliced
4 rings canned pineapple cut into chunks
¼ small white onion sliced thinly
1/3 C fresh parsley chopped finely
8 stalks fresh asparagus cut into 2 inch slices
1/3 C fruity hot sauce. I used a Mango Habanero sauce
1-2 T oil
Habanero sauce
¼ C dry white wine
2 T butter
Salt and pepper



DIRECTIONS:

In a large, pre-heated saucepan, add the oil. To the hot oil add the onion, asparagus, and celery. Cook for about 2 minutes only until the onions are transparent. Add the sweet hot sauce, and the wine, and let simmer for about 3-4 minutes. Add the chicken and cook until heated through, only about 1 minute. Finish with the salt and pepper, the butter, and then stir in the parsley right before serving. Plate by serving over white rice.

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