



THE ingles TABLE

with Chef Clarence Robinson
Chicken Stir Fry

Shopping List

- 6 chicken thighs, cooked
- 2 medium yellow squash, sliced
- 1 medium zucchini, sliced
- 2 heads or 1 bag florets of fresh broccoli
- Small bag shredded carrots
- 1 red onion, sliced
- 2 bell peppers, sliced
- 1 cup brown sugar
- 1 cup soy sauce
- 2 tblsp garlic, minced
- ½ cup pineapple juice
- Salt and pepper to taste
- 2 tsp red pepper flakes
- 2 tblsp olive oil

Cooking Instructions

- 1)** Slice cooked chicken thighs.
- 2)** Heat olive oil in a large pan over medium-high heat. Add squash, zucchini, broccoli, peppers, onion, and carrots. Season with red pepper flakes, salt and pepper. Saute for about 5-7 minutes, or until they begin to soften.
- 3)** Add brown sugar, garlic, soy sauce and pineapple juice and simmer for an additional 3-5 minutes to thicken the juices. Ready to serve!



ingles-markets.com | inglestable.com