

Shopping List:

- 1 lb of chicken tenderloins, cut into 1-inch pieces
- 2 Tbsp sesame oil
- 1 tsp chili oil
- 2 cloves crushed garlic
- ½ Tbsp of fresh grated ginger
- 1 Tbsp soy sauce
- 1 dash of red pepper flakes
- 2 Tbsp honey
- 2 tsp sesame seeds
- 3 chopped green onions (whites and light green parts only)
- 2 cups fresh snap peas

Cooking Instructions:

Using a large, deep fry pan heat sesame and chili oil over medium heat on stove top. Add the chicken, stirring to coat it in the oil and let cook for about 3 minutes. Next, turn down the heat a notch and stir in garlic and ginger. After a couple of minutes add soy sauce, red pepper flakes, honey and sesame seeds. When honey starts to bubble, add snap peas and onions to pan and cook for 4 minutes, stirring frequently. Serve as is, or over jasmine rice for a quick, healthy meal!