

From the kitchen of David and Jennifer Deaven

Servings: 2
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Meat/Yokohama Chicken

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- A: 1T canola oil
4 red hot Asian peppers, dried and seeds removed
2c garlic, sliced thin
- B: 1 large chicken breast, about 10oz
- C: 1 onion, cut into wedges
2 carrots, sliced on the bias
- D: 1/2t soy sauce
- E: 2T chili garlic sauce
1. Place (A) in wok and fry until fragrant, remove solids and reserve. Alternately use chili oil.
 2. Poach (B) in salted water, chop into large chunks and add to wok. Fry until just cooked through and starting to brown. Remove and reserve meat.
 3. Add (C) to wok and fry about 1 minute, under cooking so vegetables are still firm.
 4. Return reserved meat and peppers to wok, add (D) and stir fry over high heat for about 30 seconds. Serve over steamed rice, topped with (E).



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