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.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).



From the kitchen of David and Jennifer Deaven

Meat/Yokohama Chicken

4 red hot Asian peppers, dried and seeds removed

Servings: 2

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Meat/Yokohama Chicken

From the kitchen of David and Jennifer Deaven

A: 1T canola oil

2c garlic, sliced thin

C: 1 onion, cut into wedges 2 carrots, sliced on the bias

B: 1 large chicken breast, about 10oz