

# Peanut Butter Chicken and Cabbage Stir-Fry



**Recipe Makes:** 4 servings

**Prep Time:** 20 minutes

**Cooking Time:** 45 minutes

## Ingredients

500 g chicken breast, boneless, skinless  
1 tbsp (15mL) canola oil  
2 cloves garlic, minced  
1 cup (250mL) mushrooms, sliced  
4 cups green cabbage, shredded  
2 cups (500 mL) baby carrots, cut in quarters  
1 cup (250mL) long grain brown rice

## Stir Fry Sauce

1 tbsp (15 mL) light tamari sauce  
1 tsp (5mL) Dijon mustard  
1 tsp (5 mL) toasted sesame oil  
2 tsp (10 mL) peanut butter, creamy  
1/2 cup (125 mL) water, warm  
1 tbsp (15mL) canola oil  
1/2 cup (125 mL) cilantro, minced, for garnish  
1 tbsp (15 mL) sesame seeds, for garnish

## Instructions

1. Cook brown rice in unsalted water for time specified on the package.
2. Cut chicken breast into 1/2-inch bite-size pieces. Set aside.
3. Heat 1 tablespoon oil over medium-high heat in a non-stick skillet. Add chicken and stir-fry until lightly browned and just cooked through. Transfer to plate and cover to keep warm.

## Nutrition Information Valeur nutritive

Per Serving 410 g

Amount Teneur	% Daily Value % valeur quotidienne
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<b>Calories / Calories</b>	<b>360</b>
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<b>Fat / Lipides</b>	<b>10 g</b>
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Saturated / saturés	2 g
+ Trans / trans	

<b>Cholesterol / Cholestérol</b>	<b>65 mg</b>
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<b>Sodium / Sodium</b>	<b>330 mg</b>
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<b>Carbohydrates / Glucides</b>	<b>35 g</b>
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Fiber / Fibres	6 g
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Sugars / Sucres	4 g
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<b>Protein Protéines</b>	<b>32 g</b>
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Vitamin A / Vitamine A	220%
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Vitamin C / Vitamine C	60%
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Calcium / Calcium	10%
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Iron / Fer	10%
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4. Prepare the vegetables by mincing garlic, shredding cabbage, cutting baby carrots and slicing mushrooms.

5. Whisk together tamari, Dijon mustard, sesame oil, peanut butter and warm water in a bowl. Set aside.

6. Add another tablespoon (15 mL) canola oil to the pan and stir-fry the minced garlic one minute. Add the rest of vegetable and continue to stir-fry until tender crisp - about 3-4 minutes.

7. Pour sauce over the vegetables and stir-fry an additional 2 minutes. Stir in the cooked chicken, toss, and stir-fry a few minutes to heat through.

8. To serve, spread out cooked brown rice on individual dinner plates. Top with stir-fry. Garnish with fresh minced cilantro and sesame seeds.