

Pineapple Chicken Stir-Fry

Servings: 8 | Prep/cook time: 40 minutes

Ingredients:

2 tbsp. sesame oil, divided
1 pound chicken breast, diced
1 red onion, diced
1 red pepper, diced
1 yellow pepper, diced
3 cups broccoli florets
2 ½ cups pineapple chunks
Sesame seeds (optional)
Sauce
1/4 cup pineapple juice
1/4 cup rice wine vinegar
1/3 cup soy sauce
1 ½ tsp. sesame oil
2 tbsp. cornstarch



Directions:

1. In large pan, heat 1 tablespoon sesame oil. Add chicken and cook 7-8 minutes or until no pink remains, stirring regularly.
2. Remove chicken from pan and drain any liquid.
3. In same pan, add tablespoon of sesame oil, onion, peppers, and broccoli. Cook until vegetables begin to soften, about 8 minutes.
4. In medium bowl, whisk together pineapple juice, vinegar, soy sauce, sesame oil and cornstarch.
5. Once veggies have softened, add chicken, pineapple chunks and sauce to pan.
6. Cook over medium/medium-high until sauce has thickened, about 5 minutes.
7. Top with sesame seeds.