

Quick & Easy

THE COSTCO WAY

Pea King Vegetable Stir-Fry

Makes 4 servings

Stir-Fry Sauce Ingredients:

- ¼ cup lemon juice
- ¼ cup low sodium soy sauce
- 1 Tbsp sesame oil
- 1 Tbsp honey
- 1 tsp Sriracha sauce
- ½ tsp ground ginger

Instructions:

In a small bowl, whisk lemon juice, soy sauce, sesame oil, honey, Sriracha and ground ginger.

Stir-Fry Ingredients:

- Avocado cooking spray
- 2 garlic cloves, minced
- 8 oz skinless, boneless chicken breast, cubed
- 2 cups Brussels sprouts, quartered
- 2 cups broccoli florets, halved
- 2 celery ribs, thinly sliced
- 1 cup sugar snap peas
- Stir-Fry Sauce

Stir-Fry Instructions:

Lightly spray a medium-size nonstick skillet or wok with avocado oil. Heat over medium-high. Add garlic. Saute until fragrant. Add chicken. Cook for 5 minutes, or until internal temperature reaches 165 F. Add Brussels sprouts. Cover. Cook for 1 to 2 minutes. Stir in broccoli, celery and peas. Drizzle Stir-Fry Sauce on top. Cover. Cook for 8 to 10 minutes, or until the vegetables are al dente. Serve over rice or yakisoba noodles.

Tip: For a vegetarian meal, substitute chicken with a 14 oz package of extra-firm tofu.
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