# **Cabbage and Peanut Butter Chicken Stir-Fry**

Serves: 4

**Ingredients**

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| 1 cup | long grain brown rice, uncooked | 250 ml |
| 1 lb | boneless, skinless chicken breasts | 0.5 kg |
| 1 tbsp | canola oil | 15 ml |
| 2 | cloves garlic, minced | 2 |
| 1 cup | mushrooms, sliced | 250 ml |
| 4 cups | green cabbage, shredded or bean sprouts | 1 l |
| 2 cups | baby carrots, cut in quarters | 500 ml |
| 1 tbsp | light tamari sauce | 15 ml |
| 1 tsp | Dijon mustard | 5 ml |
| 1 tsp | toasted sesame oil | 5 ml |
| 2 tsp | peanut butter, creamy | 10 ml |
| 1/2 cup | water, warm | 125 ml |
| 1 tbsp | canola oil | 15 ml |
| 1/2 cup | cilantro, minced, for garnish | 125 ml |
| 1 tbsp | sesame seeds, for garnish | 15 ml |

Beans sprouts are a great substitute for shredded cabbage.

**Instructions**

**1**. Cook brown rice in unsalted water for the amount of time specified on the package.

**2**. Cut chicken breast into 1/2 inch (1.25 cm) bite-size pieces. Set aside.

**3**. Heat 1 tablespoon (15 mL) canola oil over medium-high heat in a non-stick skillet. You can use less oil if you have a very good pan. Add chicken and stir-fry until lightly browned and just cooked through and internal temperature registers 165°F (74°C). Transfer to plate and cover to keep warm.

**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.