

Chicken and Asparagus Stir Fry

Ingredients:

Protein

- 1/2 lb. skinless, boneless chicken breasts, sliced 1/4 inch thick

Produce

- 1 Tbsp. minced fresh ginger
- 3 garlic cloves, minced
- 2 scallions, sliced, white and green parts separated
- 1 lb. thin asparagus, ends trimmed, cut into 2-inch pieces
- 2 carrots, sliced 1/4 inch thick

Pantry

- 1 Tbsp. cornstarch + 1 1/2 tsp cornstarch
- 2 tsp. dry sherry
- 1/2 tsp. kosher salt
- 3 Tbsp. vegetable oil
- 1/2 cup low-sodium chicken broth
- 2 Tbsp. oyster sauce
- 2 tsp. dry sherry
- 1 tsp. soy sauce
- 1 tsp. toasted sesame oil
- 1/2 tsp. sugar

Grains

- Cooked white rice, for serving