# **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.