Japanese Chicken Teriyaki Stir Fry

### INGREDIENTS

1 tablespoon olive oil

1 yellow onion,small dice

3-4 broccoli heads, florets removed

2 green bell peppers, cut into strips

Oil, S+P for cooking chicken

2 lb chicken thighs , skinless and boneless, cut into bite sized pieces

1 can fava beans, if available

¼ cup soy sauce

¼ cup light brown sugar

2 T cooking sherry

1 tablespoon sesame oil

1 T cornstarch

2 teaspoons minced garlic (or 2 cloves garlic, minced)

1 teaspoon cornstarch (or corn flour) mixed with 2 teaspoons water ONLY if needed

1 C brown rice, 2.5 C water for rice

Handful of cashews for a garnish

### INSTRUCTIONS

1) Start cooking brown rice as normal

2) Stir fry onion, broccoli, capsicum/peppers and sugar snap peas with 1 tablespoon of oil until just starting to turn vibrant in colour. Add 2 tablespoons of water, reduce heat to medium, and stir fry until cooked to your liking (tender-crisp). Remove vegetables from pan and set aside.

3) Season chicken with salt and pepper. Heat sesame oil over medium heat in the same pan. Stir fry chicken, stirring occasionally until lightly browned and crisp.

4) In a bowl whisk together the corn starch, soy sauce, brown sugar, sherry, sesame oil and garlic to combine. Add sauce to the chicken and cook while stirring occasionally, until it bubbles and thickens into a glaze.

5) Once all ingredients are done, combine in a large bowl, mix well and portion out, garnishing with cashews at the end.