Thai Chicken and Vegetable Stir Fry

Ingredients

Sauce:

3 T tamari

3 T oyster sauce

1 T brown sugar

1 T sesame oil

2 T lemon juice

1 T red curry paste

2 lb boneless skinless chicken breasts, cut into bite-sized pieces

1 green bell pepper, cut into strips

4 carrots, peeled and small diced

4 cloves minced garlic

1 can diced tomatoes

½ bunch cilantro, minced

Procedure

1) Start cooking the rice as normal

2) Start cooking the chicken in batches, reserving in large bowl

3) While the chicken is cooking, whisk together the sauce in the small bowl and set aside

4) Once chicken is done, deglaze with the sauce, making sure to get all of the flavor from the pan, and transfer to a saucepot.

5) Add the vegetables to the saucepot, simmer until vegetables are al dente, then combine the chicken, vegetables, sauce and rice together in the large bowl, checking seasoning and portioning out evenly