

SWEET AND SPICY MARCANGELO KABOBS STIR-FRY



Serves: 4



Prep & Cook Time: 35 mins



INGREDIENTS

pkg (320 g) Marcangelo Sweet Chili Chicken Kabobs	1
chicken broth	1 cup
each hoisin and oyster sauce	2 tbsp
each soy sauce and lime juice	1 tbsp
sesame oil	1 tsp
hot pepper flakes	1/4 tsp
cornstarch	2 tbsp
vegetable oil	1 tbsp
asparagus, trimmed and cut into 1-inch pieces	3-4 cups
your favourite Sweet Chili sauce, or the Marcangelo Sweet Chili sauce included in the package of Kabobs	3 tbsp
sugar snap peas, threaded	2 1/2 cups
julienned sweet red pepper	1 1/2 cups
salted cashews	1/3 cup
green onions, chopped	2

COOKING INSTRUCTIONS

1. Remove **Marcangelo** chicken from skewers. Combine in bowl with Sweet Chili sauce, stirring well until fully coated. Set aside for 5 minutes.
2. Meanwhile, in a bowl, whisk together broth, hoisin, oyster and soy sauces, lime juice, sesame oil and hot pepper flakes. Whisk in cornstarch.
3. Heat half of oil in wok or large skillet set over medium-high heat. Add chicken; stir-fry until chicken is no longer pink inside, 4 to 5 minutes. Transfer to a bowl.
4. Heat remaining oil in same wok or skillet. Add asparagus, sugar snap peas and red pepper. Stir-fry for 1 minute. Pour in broth mixture. Cook, stirring, until sauce is thickened and vegetables are tender crisp. Return chicken to wok. Stir fry just until chicken is well coated with sauce.
5. Transfer mixture to serving bowl. Garnish with cashews and green onions and serve immediately.

TIPS

- If your sauce has cornstarch mixed into it, always re-whisk the sauce just before adding it to your vegetables since some of the cornstarch will inevitably sink to the bottom of the bowl.
- The key to a stir-fry is organization. Because the cooking is so quick, it's best to have all of your meat and vegetables fully prepped before you start to cook.
- Instead of stir-frying the meat, grill the skewers for 8 to 10 minutes and then place decoratively on top of the stir-fried vegetables.
- The wonderful thing about stir-fries is that they're so versatile. Feel free to substitute broccoli, green beans, bok choy or even Brussel sprouts for the vegetables called for above.
- Serve with steamed Basmati rice or rice noodles.

MARCANGELO FAST PASS

Use 1 1/2 cups of your favourite Asian stir-fry sauce instead of making your own.