

5 INGREDIENT EASY STIR FRY

SERVES 3

Ingredients:

- 1 pound boneless, skinless chicken breast
- 2-3 tbsp olive oil or other cooking oil
- microwaveable noodle bowl
- ½ cup island teriyaki or soyaki sauce
- 1-2 cups frozen oriental (or stir fry) vegetables

Cut chicken breast into cubes and season with salt and pepper. Cook the chicken in heated olive oil over medium high heat in a large skillet or medium pot. Once the chicken is cooked, turn heat to medium-low and add soyaki or teriyaki sauce to pan.

Add 1-2 cups of the frozen vegetables to the pan (or more, depending on how many veggies you want!). Cook 5-10 minutes or until veggies are tender, stirring occasionally.

Cook noodle bowl according to package directions (typically you add the sauce and water, and then microwave for a minute or two). Add the cooked noodles to the chicken and veggies and cook for 5 minutes on low.

Serve and enjoy!

MICHELLE AMANDA WILSON
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