

African Chicken Stirfry

Ingredients:

3 chicken breast cut into small pieces

1/3 cup flour

1 tsp ginger

1/2 tsp anise

salt to taste

1 egg whisked

1 tbsp olive oil

1-2 cups cut up vegetables (I used onions, mini sweet peppers, mushrooms, carrots, celery)

1 14 oz can Red Gold Diced Tomatoes

Directions:

Slice vegetables... Set aside

cut chicken into small pieces. Sprinkle small amount of salt over chicken.

In a small bowl, mix flour, ginger and anise.

Whisk egg, dredge chicken pieces in egg and then flour mixture. (I usually put my flour mixture in plastic bag and after dredging the meat through the egg, I put all pieces in the flour and shake).

Heat olive oil in wok or large sauce pan. Cook chicken until golden brown and crispy.

Take out of pan and set aside.

Add vegetables to pan and stir fry until tender. Add can diced tomato and continue to cook until some of the liquid dissipates.

Add chicken back to vegetables and cook for another couple of minutes, until everything is well heated.

Serve over rice or noodles.

Marlys

<https://marlys-thisandthat.blogspot.com>