

CHICKEN PICCATA STIR FRY

March 28, 2024

Ingredients

- 1 pound uncooked skinless, boneless chicken breasts, cut into ¼ inch thick slices
- 3 tablespoons dry sherry wine, divided
- 2 teaspoons cornstarch, divided
- ¾ teaspoon salt, divided
- ¼ teaspoon black pepper
- ½ cup fat free chicken broth
- 1 tablespoon low sodium soy sauce
- 4 teaspoons peanut or vegetable oil
- 1 medium shallot, thinly sliced
- 1 tablespoon jarred minced garlic
- 2 cups uncooked string beans, cut in 2-inch pieces
- 1 tablespoon capers, rinsed
- 2 tablespoons fresh parsley or dried
- ½ large lemon, cut into wedges
- ½ to 1 carrot, grated



Instructions

1. In medium bowl, combine chicken, 1 tablespoon of sherry, 1 teaspoon cornstarch, ½ teaspoon salt, and black pepper. In small bowl, combine broth, soy sauce, and remaining 2 tablespoons sherry and 1 teaspoon cornstarch.
2. Heat 14-inch flat-bottomed wok or 12-inch skillet over high until drop of water evaporates within 1 to 2 seconds of contact. Swirl 1 tablespoon oil in pan. Add shallot and garlic and stir-fry until fragrant, about 10 seconds. Push shallot and garlic to sides and add chicken, spreading evenly into 1 layer. Cook, undisturbed, for 1 minute so chicken begins to sear. Stir-fry until chicken is no longer pink but not cooked through, about 1 minute.
3. Swirl remaining 1 teaspoon oil in pan. Add green beans and capers and sprinkle with remaining ¼ teaspoon salt and stir-fry just until combined, about 30 seconds. Swirl in broth mixture and stir-fry until chicken is cooked through and sauce is slightly thickened, 1 to 2 minutes. Sprinkle with parsley. Serve with lemon wedges.