

Pasta with Sauteed Chicken and Snow Peas

Linguine, chicken, snow peas, and red peppers, tossed in a flavorful sauce!

Yield:

6 servings

Ingredients:

12 ounces linguine

12 ounces chicken, cut into 1-inch cubes

2 teaspoons vegetable oil

1 1/2 cups snowpeas

1 1/2 cups thinly sliced red bell pepper

Sauce Ingredients:

1 cup chicken stock

3 tablespoons soya sauce

3 tablespoons brown sugar or honey

1 tablespoon vegetable oil

1 tablespoon lemon or lime juice

2 teaspoons sesame oil

1 1/2 teaspoons minced ginger root

1 1/2 teaspoons minced garlic

2 1/2 teaspoons cornstarch

Instructions:

1. Make the sauce: In a small bowl combine stock, soya sauce, sugar, oil, lemon juice, sesame oil, garlic, ginger and cornstarch. Set aside.

2. Cook pasta in boiling water according to package directions. Drain and place in a serving bowl.

3. In a large non-stick skillet, heat the oil and saute chicken until no longer pink. Remove from pan and add to pasta.

4. To the hot skillet, add red peppers and snow peas and saute for 3 minutes, until crisp-tender. Add sauce and cook for 2 minutes, stirring constantly until slightly thickened. Pour over pasta and toss to coat.



This recipe is from Tammy's Recipes.