



½ chicken breast cut into long slices
8 shrimp - peeled, deveined and halved
3 scallions - chopped (white, light green and dark green)
4 garlic cloves - minced
1 jalapeno - seeded and finely chopped
1 - 1 inch piece fresh ginger - minced
½ a bell pepper - sliced into long strips
1 large carrot - cut into long strips
1 small head of broccoli - sliced
8 snow peas - julienned
½ cup bean sprouts
¼ cup soy sauce
¼ cup sherry
Peanut oil

- Season the chicken with salt and pepper.
- Heat a wok or large skillet with 2 TBS peanut oil. Heat until very hot and almost smoky.
- Add the chicken and cook on all sides. Remove from pan and set aside.
- Add 1 TBS peanut oil to skillet and heat well. Add the scallions, garlic, ginger and jalapenos. Cook for a couple of minutes, stirring constantly, until fragrant.
- Add the Carrots, bell pepper, broccoli and snow peas. Cook, stirring often, for about four minutes.
- Add the shrimp and cook for a couple minutes. Return the chicken to the pan and mix well.
- Add the soy sauce and sherry. Mix well. Add the bean sprouts.
- Cook for another 2 minutes. Remove from heat and serve.
- Enjoy!