



# South of the Border Stir Fry Chicken

## Servings

4

## Calories

310

## Prep Time

5 minutes

## Total Time

15 minutes

## Skill Level

Easy

## Ingredients

- 1 (32 ounce) bag Mann's California Stir Fry
- 2 halves chicken breasts, boneless, skinless
- ½ cup diced fresh tomatoes
- ½ cup corn kernels, fresh or canned
- 2 cups red chile sauce or Enchilada sauce
- ¼ cup vegetable oil



## The Method

Rinse chicken breasts with cold water, pat dry and cut into ¾" pieces.

In large wok or skillet, heat oil until hot but not smoking. Add chicken and stir fry 1-1 ½ minutes or until it just begins to turn opaque. Add Mann's California Stir Fry and cook over medium-high heat, stirring and tossing until broccoli turns bright green, about 1 minute. Pour in sauce, diced tomatoes, corn and cook for about 2 minutes until sauce has slightly thickened.

Serve immediately.

### Nutrition Facts

Serving Size: 443g | Servings: 4

### Amount Per Serving

Calories 310 Calories from Fat 150 | Total Fat 18g (sat fat 2g trans 0g) | Cholesterol 20mg | Sodium 1040mg | Total Carbohydrate 30g | Dietary Fiber 9g | Sugars 12g | Protein 13g | Vitamin A 280% | Vitamin C 240% | Calcium 10% | Iron 15%