

# Easy Monday Night Stir Fry

Yield: 4 min  
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/jamaican-arrowroot-porridge-recipe>

## Ingredients:

- 3 whole chicken breasts or Other Meat, Cut Into Pieces
- 1/2 teaspoon sesame oil plus Extra To Drizzle Over Meat
- 1/2 cup soy sauce plus Extra To Drizzle Over Meat
- 3 tablespoons sugar
- 1/2 cup chicken broth Divided
- 2 teaspoons arrowroot rounded
- 3 tablespoons peanut oil Divided
- 1 whole onion Medium
- 1 whole bell pepper Red, or Other Color, Cut Into Chunks
- 2 cloves garlic
- 2 tablespoons fresh ginger to 3 Tablespoons, Minced
- 10 whole white mushrooms Sliced, can Use Any Mushroom You Like
- 1 jar baby corn small Jar, Cut Into Pieces
- 1 teaspoon rice vinegar
- 1/4 cup chopped cilantro to 1/2 Cup Roughly

## Nutrition:

1. Calories: 370 calories
2. Carbohydrate: 16 grams
3. Cholesterol: 115 milligrams
4. Fat: 16 grams
5. Fiber: 1 grams
6. Protein: 40 grams
7. SaturatedFat: 3.5 grams
8. Sodium: 2010 milligrams
9. Sugar: 11 grams

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