**Chicken Stir Fry**

**Ingredients**

* 1/2 onion
* 1 carrot
* 1/2 green pepper
* 2 chicken thighs
* ¼ head of napa cabbage
* 2 tablespoons soy sauce
* 1 Tablespoon Teriyaki sauce or worstsceshire
* Olive Oil
* 2 cloves of Garlic
* 8 oz spaghetti
* Salt and pepper

Directions

1. Wash and dry the carrot. Peel. Julienne.
2. Dice the onion.
3. Mince the garlic
4. Chiffonade the cabbage.
5. Cut the pepper into thin strips.
6. Cube the chicken into bite size pieces
7. Cook the pasta for 8 to 10 minutes
8. In 1 Tbsp. oil on medium high heat (6 or 7) Cook the chicken until golden brown.
9. Add the carrots and cook for 3 minutes, the onion, garlic and pepper for 3 minutes, and the cabbage for 1 minute. Add the soy sauce.
10. Strain pasta combine with veggie chicken mix, soy sauce, teriyaki and serve
11. Wash, dry and put away equipment