# Sweet Chili Chicken Stir-Fry
Mobile Market Cooking Demo w/ Chef Ray Franklin

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<th>PREPARATION</th>
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| • Number of Servings: 4  
• Time to Prepare: 10 minutes  
• Time to Cook: 20 minutes  
• Tools Needed: Knife, large skillet, measuring cups and spoons | • 2 cups boneless chicken breasts or thighs  
• 1 cup chopped cabbage  
• 1/3 cup shredded carrots  
• 1/3 cup chopped multicolored sweet peppers  
• 1/3 cup chopped onion  
• 1 teaspoon minced garlic  
• 1/4 cup sweet chili sauce  
• 2 tablespoons vegetable oil | • In a large skillet on medium heat, combine vegetable oil, minced garlic and chicken.  
• Cook 10 minutes, then add chopped cabbage, shredded carrots, multi-colored sweet peppers, and chopped onion.  
• Cook 5 minutes, then add sweet chili sauce  
• Cook an additional 5 minutes  
• Allow to rest 5 minutes then serve |