

## **Chicken Stir-Fry** **(Works with Beef strips also)**

1 pound chicken cutlets  
2-3 tablespoons olive oil (or other vegetable oil)  
2 Medium yellow onions, sliced in to medium strips  
1 red or yellow pepper, sliced into thin strips  
Dash red pepper flakes (optional)  
Salt and pepper to taste

Slice chicken into ½ inch wide strips  
Heat oil in frying pan over medium heat until oil is hot – drop a slice of onion in and hear sizzle. Add red pepper flakes now.

Add onions and peppers, salt and pepper to taste.  
Cook over medium heat until soft. Remove from pot  
Add chicken and turn up heat to medium high and cook for 15 minutes – until chicken is tender to touch and somewhat brown on outside.  
Stir in the onions and pepper mixture and cook for another 10 minutes, stirring gently

You may use a cover on the frying pan, but do not cover fully, tilt it so the steam escapes, to avoid boiled taste.

Serve over rice