**Teriyaki Chicken Toss 2.0**

**Sauce for Chicken/Veg**

7.5 ml corn starch

15ml soy sauce

45ml Teriyaki Sauce or Honey Garlic

30ml Chicken Broth

**Sauce for Pasta**

125ml Chicken Broth

5ml Curry Powder

10ml honey

1 ml dried basil

500ml pasta

1-2 Boneless skinless chicken breast

2.5ml Seasoning Salt

2.5ml Crushed chili peppers

½ small onion

½ small zucchini

1 cup broccoli florets

¼ each Red Pepper and Yellow Pepper

3-4 mushrooms

1. Fill a large pot with water. Cover and bring to a boil
2. Heat 15ml of oil in a nonstick frying pan on MED-HIGH Heat (#5-6)
3. Place pasta in boiling water, stir and cook uncovered. Set timer for 9 minutes.
4. Cut chicken into bite sized pieces and add to the frying pan. Season with Seasoning Salt and Crushed chili’s. Stir occasionally until chicken is cooked and no longer pink
5. Chop Onion, Zucchini, mushrooms, broccoli and peppers into bite size chunks. Add to the frying pan once the chicken mostly cooked. Toss occasionally.
6. In a small bowl, add cornstarch.

Gradually add soy sauce while stirring so that the corn starch is smooth and not lumpy.

Mix in Teriyaki Sauce and chicken broth.

1. Add sauce to the pan of chicken and veggies. Turn to LOW,
2. Drain cooked pasta.
3. In the Empty pasta pot - mix the following.

Remaining 125ml chicken broth, curry powder, honey and basil.

1. Stir together over medium heat then return the pasta to the pot. TOSS the pasta to coat in the spiced broth.
2. Remove from heat.
3. Serve chicken over pasta

Enjoy!