Instructions
1. Thaw frozen vegetables in the microwave (or place entire bag in a bowl of hot water for about 10 minutes); set aside until step 6
2. Heat oil in a large wok or sauté pan on medium heat; add ginger, garlic, and scallions, and stir fry until cooked, but not brown, about 2–3 minutes
3. Add the rice vinegar, chili sauce, and brown sugar to the pan; bring to a simmer
4. In a bowl, mix cornstarch with chicken broth and add to the pan; bring to a boil over high heat, stirring constantly; lower temperature to a gentle simmer
5. Add chicken and stir continually for 5–8 minutes
6. Add vegetables and mix gently; simmer with lid on to reheat, about 2 minutes
7. Add soy sauce and mix gently
8. Divide into 4 even portions and serve

Tip
Broccoli, a popular stir-fry vegetable, contains high levels of vitamin K. Consuming vitamin K regularly can improve bone health. Broccoli also contains vitamin C for healthy looking skin. Chicken is high in protein which can aid weight loss, and promote strong bones and a healthy heart.