Chicken Stir Fry

1 Whole Skinless Boneless Chicken Breast
4 Fresh Mushrooms or one 4 ounce can of sliced mushrooms
2 Large Carrots
1 Stem of Broccoli
3 Green Onions
1/2 Teaspoon of Salt
1/2 Teaspoon of Sugar
1/4 Cup Vegetable Oil
1/4 Cup Peanuts
1 17 Ounce Can of Chinese Noodles

Chicken Seasoning
1 Egg White, beaten
2 Tablespoons Red Wine Vinegar
1 Tablespoon Soy Sauce (reduced sodium)
1 Tablespoon Cornstarch

Sauce
1/2 Teaspoon Instant Chicken Bouillon
1/3 Cup Water
1/2 Tablespoon Cornstarch
1/2 Tablespoon Soy Sauce (reduced sodium)

1. Slice Chicken into very thin pieces approximately half an inch thick and roughly one and one quarter inch squares.
2. Combine Seasons for chicken and pour them over the cut chicken pieces and stir to coat the pieces evenly.
3. Slice Carrots, Broccoli and Mushrooms into 1/8 inch slices and green onions into 3/8 inch pieces.
4. Combine sauce ingredients (Bouillon, Water, Cornstarch and Soy Sauce) Stir until everything is dissolved.
5. In an omelet skillet, heat one tablespoon oil, sauté carrots and broccoli for about one and a half minutes then remove from heat and place in a dish for presentation later.
6. Heat one tablespoon of oil in the same pan for thirty seconds. Add green onions and mushrooms for about one minute. Remove to dish with carrots and broccoli.
7. Heat 2 tablespoons of oil in the same pan for thirty seconds. Sauté the chicken cubes for approximately two minutes or until all the meat turns white.
8. Add peanuts and sautéed vegetables to the pan with the chicken and add the salt and sugar. Toss all ingredients gently for about thirty seconds in the same pan.
9. Stir the sauce mixture and heat until thick and bubbly.
10. Place Noodles on Large Platter and place Chicken Stir Fry on top of noodles for presentation. Top with the warm sauce.

Serve immediately, serves six people.