

1. Heat a wok over high heat, add 2 Tablespoons of the canola oil, and heat until it's starting to ripple slightly and almost smoking. Add garlic and ginger, toss, add scallions, toss, then add onion. Cook, tossing often, about 2 minutes until onion is soft and turning golden.



2. Add carrots and water chestnuts, and cook until carrot is soft and water chestnuts are turning golden, about 2 minutes. Add asparagus and cook, tossing, about 2 minutes more. Sprinkle vegetables with 1/2 a teaspoon of the salt, tossing well to coat, then transfer to a separate bowl. Set aside.



3. Heat 1 more Tablespoon of the canola oil in the wok, and add the ground chicken. Use your spatula or spoon to break

up the chicken, really breaking up the clumps until it's crumbly and browning nicely. When no longer pink and nicely browned up, sprinkle with the remaining 1/2 teaspoon of the salt and little bit of freshly ground pepper. Toss well to coat. Transfer chicken to the bowl with the cooked veggies.

4. Add the remaining 1 Tablespoon of canola oil to the wok, add the rice, and cook, tossing often 2 to 3 minutes until rice is glossy and aromatic.



5. Drizzle the rice with the Tablespoon of mock soy sauce, tossing well until coated. Add back in the veggies and chicken, and cook, tossing well, until heated through. Remove from heat, and serve!



