

Easy Chicken Stir Fry

RECIPE LIGHTLY ADAPTED FROM EATING ON A DIME



Ingredients

For the chicken and vegetables:

3 boneless chicken breasts,
cut into 1-inch cubes
1/2 t salt
1/2 t pepper
2 T olive oil
2 c SWP broccoli florets
1/2 - whole yellow bell
pepper
1/2 - whole red bell pepper
1/2 - 1 c carrots, cut into 1
inch dice
1/2 t ground ginger
2 t minced garlic
2 T sesame seeds, optional

For the fry sauce:

1 T cornstarch
1/4 c chicken broth
1/4 c soy sauce
2 T honey

Directions

1. In a small bowl, whisk together the cornstarch, chicken broth, soy sauce, and honey. Then set aside.
2. Heat 1 tablespoon of the olive oil in a large skillet over medium high heat. Add the chicken and season with salt and pepper. Saute the chicken for 5-10 minutes until browned and cooked through. Then remove from the skillet to a separate plate.
3. Reduce heat to medium heat and add the remaining tablespoon of olive oil to the pan. Add in the veggies to cook, stirring occasionally. Cook until tender but still crunchy. Then stir in the ginger and garlic and cook for exactly one more minute.
4. Add the chicken back to the skillet. Stir in the fry sauce and stir to coat the chicken and vegetables with the sauce. Bring the mixture to a boil, stirring occasionally, and allow to boil for about a minute to thicken the sauce.
5. Top with sesame seeds if using. Serve as is or over rice.

****If serving with rice I recommend doubling the fry sauce recipe. I then use half for the vegetable mixture and half for flavoring the rice.**