



Foodicious
RECIPES

Chicken Stir Fry

Ingredients

For the Stir Fry

- 1 lb boneless, skinless chicken breast, cut into 1-inch cubes
- Salt and black pepper, to taste
- 2 tbsp olive oil, divided
- 2 cups broccoli florets
- ½ yellow bell pepper, cut into 1-inch pieces
- ½ red bell pepper, cut into 1-inch pieces
- ½ cup baby carrots, thinly sliced
- 2 tsp fresh ginger, minced
- 2 garlic cloves, minced

For the Sauce

- 1 tbsp cornstarch
- 2 tbsp cold water
- ¼ cup low-sodium chicken broth
- 3 tbsp low-sodium soy sauce
- ¼ cup honey
- 1 tbsp toasted sesame oil
- ½ tsp crushed red pepper flakes

Instructions

1. In a medium bowl, whisk together cornstarch and cold water until smooth. Add chicken broth, soy sauce, honey, sesame oil, and red pepper flakes. Whisk to combine and set aside.
2. Heat 1 tablespoon of olive oil in a large skillet or wok over medium-high heat. Add the chicken (cook in batches if needed), season with salt and pepper, and cook for 3–5 minutes until fully cooked. Remove chicken from the skillet and set aside.
3. Reduce heat to medium and add the remaining tablespoon of olive oil. Add broccoli, bell peppers, and carrots. Stir-fry for 3–4 minutes until vegetables are crisp-tender. Stir in ginger and garlic and cook for 1 more minute.
4. Return the cooked chicken to the skillet. Stir to mix with vegetables. Whisk the stir fry sauce again, then pour it into the skillet. Toss everything to coat evenly.
5. Bring the mixture to a gentle boil and cook for 1 minute, stirring occasionally, until the sauce thickens and glazes the chicken and veggies.
6. Serve hot over steamed rice or chow mein noodles for a complete meal.