



StirFry Chicken and Vegetables

Jacob · 28/09/2024



Prep Time

40 mins

Difficult

Medium

Servings

2

Description

This chicken stirfry with vegetables is one of my favorite stirfry recipes Simple quick and easy Serve over rice

Ingredients

- - 6 ounces skinless
- boneless chicken breast
- cut into small pieces - 2 tablespoons soy sauce - 2 tablespoons dry sherry - 1 tablespoon cornstarch - 1 tablespoon vegetable oil - 1 zucchini
- cut into rounds and quartered - 1 large green bell pepper
- cut into squares - 1 cup broccoli florets
- cut into pieces - 3 cloves garlic
- minced - ½ cup chicken broth - 1 tablespoon vegetable oil - 6 green onions
- chopped

Instructions

1. Mix chicken
2. soy sauce
3. sherry
4. and cornstarch together in a large bowl. Heat 1 tablespoon vegetable oil in a large skillet or wok over medium-high heat; cook and stir zucchini
5. bell pepper
6. broccoli
7. and garlic for 2 to 3 minutes. Add chicken broth
8. cover
9. and simmer until vegetables are tender
10. 4 to 5 minutes. Transfer vegetables and sauce to a large bowl and wipe the skillet clean. Heat remaining 1 tablespoon vegetable oil over medium-high heat; cook and stir chicken until meat is no longer pink in the center
11. about 5 minutes. Stir in vegetables; continue to cook and stir for 2 to 3 minutes more. Sprinkle with green onions. Cook's Note I usually at least double this recipe. You don't have to be exact on the proportions; just use enough cornstarch so that the sauce at the end is thick enough.