

Chicken StirFry

Savannah · 28/09/2024

**Prep Time**

40 mins

Difficult

Medium

Servings

6

Description

This chicken stirfry recipe is packed with veggies and is quick and easy to prepare Try adding bean sprouts bamboo shoots snap peas or any of your favorite vegetables Serve it with white or brown rice or noodles

Ingredients

- - 4 cups water - 2 cups white rice - ? cup soy sauce - ¼ cup brown sugar - 1 tablespoon cornstarch - 1 tablespoon minced fresh ginger - 1 tablespoon minced garlic - ¼ teaspoon red pepper flakes - 3 skinless
- boneless chicken breast halves
- thinly sliced - 2 tablespoons sesame oil
- divided - 1 head broccoli
- broken into florets - 1 onion
- cut into large chunks - 1 cup sliced carrots - 1 (8 ounce) can sliced water chestnuts
- drained - 1 green bell pepper
- cut into matchsticks

Instructions

1. Bring water and rice to a boil in a saucepan over high heat. Reduce heat to medium-low
2. cover
3. and simmer until rice is tender
4. and liquid has been absorbed
5. 20 to 25 minutes. Meanwhile
6. combine soy sauce
7. brown sugar
8. and cornstarch in a medium glass or ceramic bowl; stir until smooth. Stir in ginger
9. garlic
10. and red pepper flakes; add chicken and stir to coat. Cover and marinate in the refrigerator for at least 15 minutes. Heat 1 tablespoon sesame oil in a wok or large skillet over medium-high heat. Add broccoli
11. onion
12. carrots
13. water chestnuts
14. and bell pepper; cook and stir until just tender
15. about 5 minutes. Transfer vegetables into a dish; set aside. Heat remaining 1 tablespoon sesame oil in the same wok or skillet over medium-high heat. Add chicken
16. reserving marinade
17. and cook until just browned
18. about 2 minutes per side; stir in vegetables and reserved marinade. Bring to a boil; cook and stir until chicken is no longer pink in the center and vegetables are tender
19. 5 to 7 minutes. Serve over rice. Rita