

Healthy Chicken and Veggie Stir-Fry in 25 Minutes

Garlic Chicken & Veggie Stir-Fry with Rice



TIME
25 min

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INGREDIENTS

For the Stir-Fry Chicken:

- 1 chicken breast, cut into bite-sized pieces
 - 1 tbsp olive oil
 - $\frac{1}{2}$ tsp garlic powder (or 1 clove fresh garlic, minced)
 - $\frac{1}{2}$ tsp black pepper
 - $\frac{1}{2}$ tsp salt
 - $\frac{1}{2}$ tbsp soy sauce
- For the Vegetables:
- $\frac{1}{2}$ cup broccoli florets
 - $\frac{1}{2}$ cup carrots, sliced
 - $\frac{1}{2}$ cup red onion, chopped
 - 1 tbsp soy sauce
 - $\frac{1}{2}$ tbsp olive oil
 - $\frac{1}{2}$ tsp black pepper
- For the Base:
- 1 cup cooked white or brown rice

DIRECTIONS

1. Step 1: Cook the Chicken: Heat 1 tbsp olive oil in a skillet or wok over medium-high heat.
2. Add chicken pieces and season with garlic powder, salt, and pepper.
3. Cook for 5-7 minutes, stirring occasionally, until browned and fully cooked.
4. Drizzle with soy sauce, stir, and cook for 1 more minute.
5. Remove from pan and set aside.
6. Step 2: SautØ the Vegetables: In the same pan, add $\frac{1}{2}$ tbsp olive oil.
7. Add carrots and sautØ for 3 minutes until slightly softened.
8. Add broccoli and red onion, stir-frying for another 3-4 minutes until vegetables are crisp-tender.
9. Drizzle with 1 tbsp soy sauce and $\frac{1}{2}$ tsp pepper, mix well.
10. Step 3: Assemble and Serve: Place a scoop of warm cooked rice in each bowl or plate.
11. Top with stir-fried chicken and veggies.
12. Serve hot and enjoy a flavorful, well-balanced meal.

TIPS FOR SUCCESS

- For crispier edges, don't overcrowd the pan -cook the chicken in batches if needed.
- Add crushed red pepper flakes or sriracha to the sauce.
- Use low-sodium soy sauce if watching salt intake.
- Swap in bell peppers, snap peas, zucchini, or mushrooms based on preference.

