

Chinese Chicken Cabbage Stir-Fry - A Quick, Healthy Dinner Fix

When dinner needs to be quick, wholesome, and packed with flavor, this



TIME
20 min

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INGREDIENTS

- 1 lb boneless chicken breast, sliced into thin strips
- 1 small Chinese cabbage, chopped into bite-sized pieces
- 2 cloves garlic, minced
- 1 inch ginger, peeled and grated
- 2 tablespoons vegetable oil
- 2 tablespoons soy sauce
- 1 tablespoon oyster sauce
- 1 teaspoon cornstarch
- ... cup water
- Salt and pepper, to taste

DIRECTIONS

1. **Make the Sauce:** In a small bowl, whisk together: 2 tbsp soy sauce
2. 1 tbsp oyster sauce
3. 1 tsp cornstarch
4. ... cup water
5. Set aside.
6. **SautØ Aromatics:** Heat vegetable oil in a wok or large skillet over high heat.
7. **Add garlic and ginger,** and stir-fry for about 30 seconds until fragrant.
8. **Cook the Chicken:** Add sliced chicken breast and stir-fry for 2-3 minutes, until browned and mostly cooked through.
9. **Add Cabbage:** Add chopped Chinese cabbage to the wok.
10. **Stir-fry** for another 2-3 minutes until cabbage is wilted but still crisp.
11. **Add Sauce and Finish:** Pour in the prepared sauce.
12. **Stir-fry** for 1 minute until the sauce thickens and coats everything evenly.
13. **Season** with salt and pepper to taste.

TIPS FOR SUCCESS

High heat is key for authentic stir-fry texture and flavor.
Prep all ingredients ahead -the cooking happens fast.
Cut chicken thinly and evenly so it cooks quickly and stays tender.

Don't overcook the cabbage -it should be slightly crisp, not soggy.

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Original recipe: <https://chefmaniac.com/chinese-chicken-cabbage-stir-fry-a-quick-healthy-dinner-fix/>