

Garlic Chicken Stir-Fry with Rice - A Fast, Fresh Weeknight Favorite

Need dinner on the table in under 30 minutes? This



TIME
30 min

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INGREDIENTS

For the Chicken Stir-Fry:

1 lb (450g) boneless chicken breast, cut into strips

1 tbsp olive oil

1 tsp garlic, minced

$\frac{1}{2}$ tsp salt

$\frac{1}{2}$ tsp black pepper

$\frac{1}{2}$ tsp paprika (optional)

For the Vegetables:

$\frac{1}{2}$ cup broccoli florets

$\frac{1}{2}$ cup julienned carrots

... cup baby corn, sliced

... green bell pepper, sliced

For the Sauce:

1 tbsp soy sauce

1 tsp oyster sauce

$\frac{1}{2}$ tsp sesame oil (optional)

For the Rice:

1 cup jasmine rice

2 cups water

DIRECTIONS

1. **Cook the Rice:** Rinse 1 cup jasmine rice under cold water until the water runs clear. Bring 2 cups of water to a boil, stir in the rice, reduce heat, and simmer covered until fluffy (about 15 minutes). Fluff with a fork and set aside.
2. **Cook the Chicken:** Heat 1 tbsp olive oil in a large pan or wok over medium-high heat. Add chicken strips, garlic, salt, pepper, and paprika. Stir-fry for 6-7 minutes until golden brown and cooked through. Remove from pan and set aside.
3. **Sauté the Vegetables:** In the same pan, add carrots, broccoli, baby corn, and green bell pepper. Stir-fry for 3-5 minutes until vegetables are vibrant and slightly tender but still crisp.
4. **Add Sauce & Chicken Back:** Return the chicken to the pan. Stir in soy sauce, oyster sauce, and sesame oil. Toss everything to coat evenly and cook for an additional 2 minutes to bring it all together.
5. **Plate & Serve:** Spoon the fluffy jasmine rice into bowls. Top with a generous serving of the garlic chicken stir-fry. Serve hot and enjoy!

SWAPS & NOTES

& Tips Chicken : You can substitute chicken thighs for extra juiciness.

Snap peas, mushrooms, or zucchini are all great additions.

Sauce swaps : Tamari works in place of soy sauce for gluten-free.

Rice : Jasmine is fragrant and fluffy, but basmati or brown rice also work. ??? Step-by-Step Instructions 1.

TIPS FOR SUCCESS

High heat = best stir-fry texture : Don't crowd the pan, and keep things moving.

Meal prep win : Chop veggies and marinate chicken the night before for an even quicker dinner.

Double the sauce if you like your stir-fry extra saucy. ?

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/garlic-chicken-stir-fry-with-rice-a-fast-fresh-weeknight-favorite/>