

## Sweet and Spicy Chicken Stir-Fry - A Flavor-Packed Weeknight Wonder

Sweet and Spicy Chicken Stir-Fry - A Vibrant, Flavorful Skillet Meal



**TIME**  
**4 min**

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**ChefManiac**

### INGREDIENTS

- 2 boneless chicken breasts, cubed
- 1 red bell pepper, chopped
- 1 green bell pepper, chopped
- 1 yellow bell pepper, chopped
- 1/2 onion, diced
- 1/2 cup pineapple chunks
- 2 tbsp soy sauce
- 1 tbsp honey
- 1 tbsp sriracha
- 1 tsp garlic powder
- 1 tsp ginger powder
- 1 tbsp cornstarch (optional, for sauce thickening)
- 2 tbsp olive oil
- Fresh cilantro, for garnish

#### Instructions:

- 1 Make the Sauce:
- 2 Cook the Chicken:
- 3 Stir-Fry the Veggies:
- 4 Add the Pineapple & Sauce:
- 5 Combine & Finish:
- 6 Garnish & Serve:

#### Tips for Success:

Even cuts: Chop chicken and veggies into similar sizes for even cooking.

High heat: Stir-fry over medium-high for a nice sear and quicker cook time.

Add crunch: Toss in cashews or sesame seeds just before serving.

Adjust heat: Like it spicier? Add more sriracha or a pinch of chili flakes.

Serving Ideas & Pairings:

Steamed jasmine or brown rice

Noodles (rice noodles or soba work great)

Lettuce cups for a low-carb twist

A cool drink like Blueberry Lemonade

Easy Cheesy Chicken Sliders

Mexican Chicken and Rice Casserole

Dorito Casserole

Tangy Chicken Salad

## DIRECTIONS

1. **Make the Sauce:** In a small bowl, whisk together soy sauce, honey, and sriracha. Set aside.
2. **Cook the Chicken:** Heat olive oil in a large skillet or wok over medium heat. Add the chicken, season with garlic powder and ginger powder, and cook until golden and cooked through. Remove from pan and set aside.
3. **Stir-Fry the Veggies:** In the same pan, sauté the onions and bell peppers for 3-4 minutes until slightly tender but still vibrant.
4. **Add the Pineapple & Sauce:** Toss in the pineapple chunks and pour in the sweet and spicy sauce. Let simmer for 2 minutes. If using, stir in cornstarch slurry (1 tbsp cornstarch mixed with 1 tbsp water) for a thicker sauce.
5. **Combine & Finish:** Return the chicken to the pan. Stir everything together and let it cook for another 3 minutes until the sauce is sticky and the flavors are absorbed.
6. **Garnish & Serve:** Sprinkle with fresh cilantro and serve hot with rice, noodles, or wraps.
7. **Tips for Success:** Even cuts: Chop chicken and veggies into similar sizes for even cooking.
8. **High heat:** Stir-fry over medium-high for a nice sear and quicker cook time.
9. **Add crunch:** Toss in cashews or sesame seeds just before serving.
10. **Adjust heat:** Like it spicier? Add more sriracha or a pinch of chili flakes.
11. **Serving Ideas & Pairings:** This chicken stir-fry is amazing with:

12. Steamed jasmine or brown rice
13. Noodles (rice noodles or soba work great)
14. Lettuce cups for a low-carb twist
15. A cool drink like : Blueberry Lemonade
16. And it pairs deliciously with:
17. Easy : Cheesy Chicken Sliders
18. Mexican : Chicken and Rice Casserole
19. Dorito : Casserole
20. Tangy : Chicken Salad
21. Sheet : Pan Quesadillas
22. Storage & Leftovers: Fridge: Store in an airtight container for up to 4 days.
23. Reheat: Gently warm in a skillet or microwave.
24. Freezer: Freeze cooked chicken and veggies (without sauce) for up to 2 months. Add fresh sauce when reheating for best results.
25. More Recipes You'll Love: Easy Cheesy Chicken Sliders

## SWAPS & NOTES

, the bell peppers add crunch and color, and the pineapple brings that tropical zing that keeps you coming back for another bite.

Plus, it all comes together in one pan-less mess, more taste.

Set aside. 2 Cook the Chicken Heat olive oil in a large skillet or wok over medium heat.

Add the chicken , season with garlic powder and ginger powder , and cook until golden and cooked through.

## TIPS FOR SUCCESS

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High heat : Stir-fry over medium-high for a nice sear and quicker cook time.

Add crunch : Toss in cashews or sesame seeds just before serving.

Add more sriracha or a pinch of chili flakes.

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

Original recipe: <https://chefmaniac.com/sweet-and-spicy-chicken-stir-fry-a-flavor-packed-weeknight-wonder/>