

Chinese Chicken Cabbage Stir-Fry - A Quick and Healthy One-Wok Meal

Chinese Chicken Cabbage Stir-Fry - A Light and Satisfying Skillet Dinner



TIME
3 min

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INGREDIENTS

- 1 lb boneless chicken breast, sliced into bite-sized pieces
- 1 small Chinese cabbage, chopped
- 2 cloves garlic, minced
- 1 inch ginger, grated
- 1 cup sliced carrots and green beans
- 2 tbsp vegetable oil
- 2 tbsp soy sauce
- 1 tbsp oyster sauce
- 1 tsp cornstarch
- 1/4 cup water

Salt and pepper, to taste

Step-by-Step Instructions:

1 Make the Sauce:

2 Heat the Wok:

3 Sauté the Aromatics:

4 Cook the Chicken:

5 Add the Veggies:

6 Add the Sauce:

7 Finish & Serve:

Tips for Success:

High heat is key-stir-fry fast to preserve crunch and flavor.

Slice evenly to ensure uniform cooking.

Make it spicy: Add a dash of chili oil or red pepper flakes for heat.

Use what you have: Swap cabbage with bok choy, or carrots with bell peppers.

Serving Suggestions & Pairings:

A bowl of steamed jasmine or brown rice

Cauliflower rice for a low-carb option

Stir-fried noodles

A Light Tangy Chicken Salad

Easy Cheesy Chicken Sliders

Sheet Pan Quesadillas

Dorito Casserole

A refreshing Blueberry Lemonade on the side

Storage & Leftovers:

Refrigerate in an airtight container for up to 3 days.

DIRECTIONS

1. **Make the Sauce:** In a small bowl, mix soy sauce, oyster sauce, cornstarch, and water. Set aside.
2. **Heat the Wok:** Heat vegetable oil in a wok or large skillet over high heat.
3. **SautØ the Aromatics:** Add garlic and ginger to the hot oil and stir-fry for 30 seconds until fragrant.
4. **Cook the Chicken:** Add the chicken and stir-fry for 2-3 minutes until browned and cooked through.
5. **Add the Veggies:** Toss in the cabbage, carrots, and green beans. Stir-fry for another 2-3 minutes until the vegetables are wilted but still crisp.
6. **Add the Sauce:** Pour in the sauce mixture and stir-fry for 1 more minute until the sauce thickens and coats the ingredients evenly.
7. **Finish & Serve:** Season with salt and pepper to taste. Serve hot over steamed rice or noodles.
8. **Tips for Success:** High heat is key-stir-fry fast to preserve crunch and flavor.
9. **Slice evenly** to ensure uniform cooking.
10. **Make it spicy:** Add a dash of chili oil or red pepper flakes for heat.
11. **Use what you have:** Swap cabbage with bok choy, or carrots with bell peppers.
12. **Serving Suggestions & Pairings:** This dish shines served with:
 13. A bowl of steamed jasmine or brown rice
 14. Cauliflower rice for a low-carb option
 15. Stir-fried noodles

16. Or pair it with these great recipes:
17. A Light : Tangy Chicken Salad
18. Easy : Cheesy Chicken Sliders
19. Sheet : Pan Quesadillas
20. Dorito : Casserole
21. A refreshing : Blueberry Lemonade on the side
22. Storage & Leftovers: Refrigerate in an airtight container for up to 3 days.
23. Reheat gently in a pan or microwave, adding a splash of water to loosen the sauce.
24. Freeze for up to a month-best without the cabbage if freezing.
25. More Recipes You'll Love: Dorito Casserole

TIPS FOR SUCCESS

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

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