

## Ultimate Sticky Garlic Chicken Stir-Fry: An Easy 20-Minute Meal

Ultimate Sticky Garlic Chicken Stir-Fry with Veggies & Fluffy Rice



**TIME**  
**20 min**

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**ChefManiac**

### INGREDIENTS

For the Rice: 1 cup white jasmine or basmati rice  
1 3/4 cups water 1/2 tsp salt:

### DIRECTIONS

1. Steps for the : Recipe
2. Cook the : Rice
3. : Begin by preparing your rice. In a small pot, combine the white jasmine or basmati rice, water, and salt. Bring to a boil, then reduce the heat to low, cover, and let it simmer for about 15 minutes, or until all the water has been absorbed. Remove from the heat and let it sit, covered, for 5 minutes to steam before fluffing with a fork.
4. Prep and : Mix the Sauce
5. : While the rice is cooking, prepare your ingredients. In a small bowl, whisk together the soy sauce, honey or brown sugar, and chili flakes. Set the sauce aside.
6. Stir-: Fry the Chicken
7. : Heat the olive or sesame oil in a wok or a large skillet over high heat. Add the chicken breast pieces and stir-fry for 3-4 minutes, or until the chicken is golden and cooked through. Remove the chicken from the pan and set it aside.
8. Cook the : Vegetables
9. : In the same pan, add the sliced carrots, bell pepper, and mushrooms. Stir-fry for 4-5 minutes, until the vegetables are crisp-tender. Add the minced garlic and stir-fry for another minute until fragrant.
10. Combine and : Glaze
11. : Return the cooked chicken to the pan with the vegetables. Pour the prepared sauce over the chicken and vegetables. Toss everything to combine, cooking for 1-2 minutes until the sauce has thickened and coated everything in a beautiful, sticky glaze.

12. : Serve the sticky garlic chicken and vegetables immediately alongside the fluffy rice. Garnish with fresh cilantro or chopped green onions.

## SWAPS & NOTES

Chicken : Chicken breast is a great choice for stir-fry because it cooks quickly.

You can also use boneless, skinless chicken thighs for a more flavorful and moist result.

For a vegetarian version, swap the chicken for firm tofu, pressed and cubed, or for a lean protein option, use shrimp.

Vegetables : This recipe is a great way to use up whatever vegetables you have on hand.

## TIPS FOR SUCCESS

Prep is Key : A stir-fry cooks very quickly, so it's essential to have all your ingredients prepped and ready to go before you start cooking.

High Heat is a Must : Use a high heat for stir-frying.

This cooks the food quickly, gives it a nice sear, and helps the vegetables stay crisp-tender.

Don't Overcrowd the Pan : Cook your chicken in a single layer to ensure it browns properly.

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

Original recipe: <https://chefmaniac.com/ultimate-sticky-garlic-chicken-stir-fry-an-easy-20-minute-meal/>