

Healthy Garlic Chicken Stir-Fry: A Quick and Easy Weeknight Meal

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20 min

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INGREDIENTS

For the Sauce: 1/3 cup soy sauce 2 tbsp honey 1 tbsp rice vinegar 1 tbsp cornstarch mixed with 2 tbsp cold water (for slurry) 1/2 tsp chili flakes (optional):

For the Base: 2 cups white rice (jasmine or basmati) Fresh parsley or cilantro for garnish:

DIRECTIONS

1. directions. Once cooked, set it aside to steam while you prepare the stir-fry.
2. SautØ the Chicken
3. : Heat the olive oil in a large skillet or wok over medium-high heat. Add the chicken breast pieces and season with salt and pepper. SautØ for about 5-7 minutes, until the chicken is golden and cooked through. Add the minced garlic and ginger and cook for another minute until fragrant.
4. Add the : Vegetables
5. : Add the broccoli florets, sliced red bell peppers, and diced onion to the skillet. Continue to stir-fry for 5-7 minutes, until the vegetables are tender-crisp.
6. Make the : Sauce
7. : In a small bowl, whisk together the soy sauce, honey, rice vinegar, and chili flakes (if using). Add the cornstarch slurry and whisk until smooth.
8. Glaze the : Stir-Fry
9. : Pour the prepared sauce over the chicken and vegetables in the skillet. Toss everything together, cooking for about 1-2 minutes until the sauce has thickened and coated all the ingredients.
10. : Serve the healthy garlic chicken stir-fry immediately, alongside the fluffy steamed rice. Garnish with fresh parsley or cilantro.

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.

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.

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

If you add too much at once, the temperature of the pan will drop, and the chicken will steam instead of searing.

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

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