

30-Minute Garlic Chicken Stir-Fry with Peppers: Quick Weeknight Dinner Perfection

The Ultimate 30-Minute Garlic Chicken Stir-Fry with Peppers: Better Than Takeout Flavor



TIME
30 min

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INGREDIENTS

Swaps and Notes:

Protein: Swap the chicken breast for boneless, skinless chicken thighs for richer flavor, or use shrimp, beef strips, or firm tofu.

Vegetables: Feel free to substitute the peppers with broccoli florets, sliced carrots, snap peas, or mushrooms. Just add hardier veggies (like carrots) first to allow them time to soften.

Oyster Sauce: If you need a vegetarian version, look for a vegetarian mushroom stir-fry sauce as a replacement, or simply omit it and add 1 teaspoon of brown sugar for sweetness.

Spice It Up: Add a teaspoon of Sriracha or a pinch of red pepper flakes to the sauce for a kick.

Step-by-Step Instructions:

1. Prepare the Chicken:
2. Cook the Rice:
3. SautØ the Garlic:
4. Cook the Chicken:
5. Stir-Fry the Peppers:
6. Combine and Finish:
7. Serve:

DIRECTIONS

1. **Prepare the Chicken:** In a medium bowl, combine the bite-sized chicken pieces with the 2 tablespoons of soy sauce, 1 tablespoon of oyster sauce (if using), and the 1 tablespoon of cornstarch. Toss everything until the chicken is evenly coated. Let it marinate for at least 15-20 minutes while you prep the other ingredients. This step is key for tender, flavorful chicken.
2. **Cook the Rice:** Start your steamed rice now so it's ready when the stir-fry is done. Set it aside, covered, to keep it hot.
3. **SautØ the Garlic:** Heat 1 tablespoon of vegetable oil in a large pan or wok over medium-high heat. Add the minced garlic and sautØ quickly, about 30 seconds to 1 minute, until it is wonderfully fragrant. Do not let it burn!
4. **Cook the Chicken:** Add the marinated chicken to the pan, spreading it out in a single layer if possible. Cook for 5-7 minutes, flipping occasionally, until the chicken is browned on all sides and cooked through (no longer pink inside). Remove the cooked chicken from the pan and set it aside on a plate.
5. **Stir-Fry the Peppers:** Add the remaining 1 tablespoon of vegetable oil to the same pan (if needed). Add the sliced bell peppers and stir-fry for 3-5 minutes until they are vibrant, slightly softened, but still have a satisfying tender-crisp bite.
6. **Combine and Finish:** Return the cooked chicken to the pan with the peppers. Add the 1 tablespoon of sesame oil, along with salt and black pepper to taste. Stir everything well to combine and let it cook for another minute so the flavors meld together.

7. **Serve:** Serve the hot garlic chicken stir-fry immediately over the fluffy steamed rice. Garnish generously with the sliced green onions for color and freshness.

SWAPS & NOTES

Vegetables: Feel free to substitute the peppers with broccoli florets, sliced carrots, snap peas, or mushrooms.

Just add harder veggies (like carrots) first to allow them time to soften.

Oyster Sauce: If you need a vegetarian version, look for a vegetarian mushroom stir-fry sauce as a replacement, or simply

omit it and add 1 teaspoon of brown sugar for sweetness.

Spice It Up: Add a teaspoon of Sriracha or a pinch of red pepper flakes to the sauce for a kick.

TIPS FOR SUCCESS

High Heat is Your Friend: A proper stir-fry needs high heat.

If your heat is too low, the ingredients will steam instead of sear, resulting in a soggy dish.

Don't Crowd the Pan: Cook the chicken in a single layer.

If you double the recipe, cook the chicken and vegetables in batches.

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

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