

## Healthy Chicken Stir-Fry with Brown Rice and Creamy Peanut Sauce

Chicken and Vegetable Stir-Fry with Rice and Peanut Sauce

**TIME**  
**40 min**

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**ChefManiac**

### INGREDIENTS

For the Stir-Fry:

500 g boneless skinless chicken breast, cubed

1 tbsp olive oil

1 red bell pepper, sliced

1 zucchini, sliced

1 cup broccoli florets

1/2 cup peas or green beans

1 cup baby potatoes, halved

Salt, to taste

Black pepper, to taste

For the Rice:

1 cup brown rice

2 cups water

Pinch of salt

For the Peanut Sauce:

1/4 cup peanut butter

2 tbsp soy sauce

1 tbsp honey

1 tbsp rice vinegar

1 tsp sesame oil

1 tsp garlic powder

1 tsp fresh ginger, minced (optional)

2-3 tbsp water (to thin sauce)

Garnish:

Fresh chives, chopped

Sesame seeds (optional)

### DIRECTIONS

- 1.** Cook the Brown Rice: In a saucepan, combine brown rice, water, and a pinch of salt. Bring to a boil, reduce heat to low, cover, and cook for 20-25 minutes until the rice is tender and the water is absorbed. Fluff with a fork and set aside.
- 2.** Cook the Baby Potatoes: Heat olive oil in a skillet over medium heat. Add the halved baby potatoes and cook for 10-12 minutes, stirring occasionally, until golden and tender. Season with salt and pepper and set aside.
- 3.** Cook the Chicken: Season the cubed chicken with salt and pepper. In the same skillet, cook the chicken for 6-7 minutes, stirring frequently, until browned and fully cooked.
- 4.** Add the Vegetables: Add the red bell pepper, zucchini, broccoli, and peas (or green beans) to the skillet. SautØ for 5-7 minutes until the vegetables are tender but still slightly crisp.
- 5.** Prepare the Peanut Sauce: In a bowl, whisk together:
- 6.** Peanut butter
- 7.** Soy sauce
- 8.** Honey
- 9.** Rice vinegar
- 10.** Sesame oil
- 11.** Garlic powder
- 12.** Ginger (optional)
- 13.** Add water one tablespoon at a time until the sauce becomes smooth and pourable.
- 14.** Assemble the Bowls: Divide the cooked rice among four bowls. Top each bowl with:
- 15.** Chicken
- 16.** Stir-fried vegetables
- 17.** Crispy baby potatoes
- 18.** Add the Finishing Touch: Drizzle the creamy peanut sauce over everything and garnish with chopped chives and sesame seeds before serving.

### SWAPS & NOTES

One of the best things about stir-fry meals is their flexibility.

Cook the Brown Rice In a saucepan, combine brown rice, water, and a pinch of salt .

Bring to a boil, reduce heat to low, cover, and cook for 20-25 minutes until the rice is tender and the water is absorbed.

Cook the Baby Potatoes Heat olive oil in a skillet over medium heat.

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

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