

Garlic Chicken Stir-Fry with Peppers and Steamed Rice

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TIME

15 to 20 min

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INGREDIENTS

- 1 pound chicken breast, cut into bite-sized pieces
- 2 bell peppers, 1 red and 1 green, sliced
- 4 to 5 cloves garlic, minced
- 2 tablespoons soy sauce
- 1 tablespoon oyster sauce, optional
- 1 tablespoon sesame oil
- 1 tablespoon cornstarch
- Salt, to taste
- Black pepper, to taste
- Vegetable oil, for cooking
- Steamed rice, for serving
- Green onions, for garnish, optional

DIRECTIONS

1. Marinate the chicken: In a bowl, combine the chicken pieces with the soy sauce, oyster sauce if using, and cornstarch. Mix well and let it marinate for at least 15 to 20 minutes.
2. Cook the rice: Prepare steamed rice however you prefer and set it aside so it is ready when the stir-fry is done.
3. SautØ the garlic: Heat 1 tablespoon of vegetable oil in a large skillet or wok over medium-high heat. Add the minced garlic and sautØ just until fragrant.
4. Cook the chicken: Add the marinated chicken to the pan and cook until browned and fully cooked through. Remove the chicken from the pan and set it aside.
5. Stir-fry the peppers: In the same pan, add a little more vegetable oil if needed. Add the sliced bell peppers and stir-fry until they are tender-crisp.
6. Combine everything: Return the cooked chicken to the pan with the peppers. Add the sesame oil, salt, and black pepper. Stir everything together until well combined and heated through.
7. Serve: Serve the garlic chicken stir-fry hot over steamed rice and garnish with green onions if desired.

SWAPS & NOTES

Chicken breast keeps this stir-fry lean and quick-cooking, but boneless chicken thighs also work well if you prefer a slightly richer flavor.

The oyster sauce is optional, but it does add a deeper savory note that makes the stir-fry taste a little more

restaurant-style.

If you leave it out, the dish will still be delicious with just soy sauce and sesame oil.

Red and green bell peppers are a classic combination because they bring both sweetness and a little earthiness, but yellow or orange peppers can be used too.

TIPS FOR SUCCESS

Have everything chopped and ready before you start cooking.

Stir-fry recipes move quickly, and it helps to have the chicken, peppers, and garlic prepped in advance.

Do not overcrowd the pan when cooking the chicken.

If needed, cook it in batches so it browns properly instead of steaming.

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Original recipe: <https://chefmaniac.com/garlic-chicken-stir-fry-with-peppers-and-steamed-rice/>