

## Easy Garlic Chicken Stir-Fry with Rice - My No-Fail Dinner Formula

Why This Stir-Fry Always Works



**TIME**  
**10 min**

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### INGREDIENTS

You'll Need (Serves 2 | Prep Time: 10 minutes | Cook Time: 15 minutes)

For the Chicken: 1 boneless skinless chicken breast, cut into bite-sized pieces 1 tablespoon olive oil  $\frac{1}{2}$  teaspoon garlic powder or 1 clove garlic, minced  $\frac{1}{2}$  teaspoon black pepper  $\frac{1}{2}$  teaspoon salt  $\frac{1}{2}$  tablespoon soy sauce:

### DIRECTIONS

1. Step-by-: Step)
2. Cook the : Chicken
3. I start by heating 1 tablespoon of olive oil in a large skillet over medium-high heat. Once it's hot, I add the chicken pieces and season them with garlic powder (or minced garlic), salt, and black pepper.
4. I cook the chicken for about 7 minutes, flipping occasionally so it gets golden on all sides. Then I drizzle in the soy sauce and stir for another minute to coat the pieces and give them that glossy finish.
5. Once cooked through, I remove the chicken from the pan and set it aside.
6. SautØ the Vegetables
7. In the same pan, I add another  $\frac{1}{2}$  tablespoon of olive oil and toss in the sliced carrots. They need a little more time than the rest, so I let them cook for about 3 minutes, stirring occasionally.
8. Next, I add the broccoli florets and chopped red onion. I sautØ everything together for another 4 minutes, until the veggies are tender but still have a bit of bite.
9. I pour in a tablespoon of soy sauce and a sprinkle of black pepper, stirring well to coat everything in that savory glaze.
10. Assemble and : Serve
11. Now comes the best part-I build the bowls.
12. I scoop warm, cooked rice into each bowl (I usually use brown rice if I'm feeling healthy, white rice if I'm feeling nostalgic). Then I layer on the garlicky chicken and vibrant stir-fried veggies.

13. Sometimes I'll top it with sesame seeds, a drizzle of chili crisp, or even a fried egg if I'm in the mood for extra.
14. My Tips for : Better Stir-Fry Every Time
15. Cut everything into similar-sized pieces:
16. This helps everything cook evenly and quickly.
17. Don't crowd the pan:
18. If you're doubling the recipe, cook in batches so the chicken and veggies sear instead of steam.
19. Fresh garlic = flavor boost:
20. Garlic powder is convenient, but fresh minced garlic adds serious depth.
21. Cook the rice first:
22. I like to have my rice ready to go so I'm not scrambling at the last minute.
23. What I : Serve with It
24. Honestly, this dish is complete on its own, but if I'm looking to bulk it up or stretch it further:
25. Fried or soft-boiled egg on top

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Original recipe: <https://chefmaniac.com/easy-garlic-chicken-stir-fry-with-rice-my-no-fail-dinner-formula/>