Chicken Stir Fry Recipes

4 servings | Prep 15 min | Cook 15 min | Easy



INGREDIENTS

- 1 1/2 lb (680 g) boneless skinless chicken breasts
- 1 tbsp (15 ml) olive oil
- 1/2 tsp (3 g) fine salt
- 1/4 tsp (0.5 g) black pepper
- 3 cups (210 g) shredded cabbage
- 1 carrot (100 g), matchsticks
- 1 tbsp (6 g) ginger
- 2 garlic cloves, minced
- 3 tbsp (45 ml) alcohol-free soy-style seasoning
- 1/2 cup (120 ml) water
- 1 tbsp (8 g) cornstarch
- 1 tsp sesame oil

METHOD

Slice chicken thinly and season.

Mix soy-style seasoning, water and starch.

Stir-fry chicken in olive oil 5-7 minutes.

Add cabbage, carrot, garlic and ginger; cook 4 minutes.

Stir sauce, add and simmer 3-5 minutes until thickened and chicken is 165°F (74°C). Finish with sesame oil.

Doneness: Check the thickest center of each chicken portion with a food thermometer: it must reach 165°F (74°C). Keep the probe away from bone. Cooking time and color alone cannot confirm safety.
Serve: Serve four portions of chicken cabbage stir-fry. Pair with rice and cucumber, keeping sauce separate until serving.
Storage: Refrigerate in shallow covered containers within 2 hours, or within 1 hour above 90°F (32°C). Store at 40°F (4°C) or below and use within 3-4 days. Keep fresh vegetables and garnishes separate.