

# **Chicken & Vegetable Stir-Fry**

## **Ingredients**

### **The Chicken (Marinade)**

- Chicken Breast or Thighs – 450g (1 lb), cut into bite-sized pieces
- Soy Sauce – 1/2 tbsp
- Shaoxing Wine – 1 tbsp (or dry sherry/cooking wine)
- White Pepper – 1/2 tsp
- Cornstarch – 1 tbsp
- Baking Soda – 1/4 tsp (tenderizer)
- Avocado Oil – 1 tbsp

### **Vegetables & Aromatics**

- Bell Peppers – 2 to 3, cut into bite-sized squares
- Green Onions – 2 to 3 stalks
- Garlic – 3 cloves, minced (or 1-2 tbsp jarred garlic)
- Ginger – 1 tsp, grated (fresh or powder)
- Optional Veggies – Onion, broccoli, or asparagus (bite-sized)
- Avocado Oil – 2 tbsp

### **The Sauce**

- Soy Sauce – 1 tbsp (+ 1/2 tsp of Dark Soy Sauce, optional)
- Oyster Sauce – 1 tbsp
- Honey – 1/2 tbsp
- Shaoxing Wine – 1 tbsp
- Chicken Bouillon Powder – 1 tbsp (reduce if too salty)
- Water – 1/4 cup
- Cornstarch – 1 tsp

### **The Finish**

- Sesame Oil – 2 tsp

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## Instructions

### 1. Marinate the Chicken (10 minutes)

In a bowl, combine the chicken with the marinade ingredients (soy sauce, wine, white pepper, cornstarch, baking soda, and oil). Mix by hand until the liquid is absorbed. Place in the fridge for at least 10 minutes.

### 2. Prep Vegetables & Sauce

**Vegetables:** Separate the white and green parts of the green onions. Thinly slice the whites; cut greens into 2-inch pieces. Chop bell peppers and mince the garlic and ginger.

**Sauce:** In a small container, whisk together all sauce ingredients (soy sauces, oyster sauce, honey, wine, bouillon, water, and cornstarch) until smooth.

### 3. Sear the Chicken (5 minutes)

Heat 2 tablespoons of oil in a pan/wok on High heat. Ensure the pan is hot before adding chicken. Spread chicken evenly in a single layer. Sear undisturbed for 2 minutes until golden brown. Flip and stir-fry for 3 minutes until cooked through. Remove chicken and set aside.

### 4. Aromatics & Veggies (2–3 minutes)

Add 1 tablespoon of oil to the pan on Medium heat. Add the white parts of the green onion, garlic, and ginger. Mix for 1 minute until fragrant.

Increase heat to High. Add bell peppers (and any optional veggies) and stir for 1 minute until fully coated and slightly tender.

### 5. Combine & Thicken

Add the cooked chicken back to the pan and stir-fry for 30 seconds. Give the sauce a quick mix (cornstarch settles), then pour it over the ingredients. Stir for 1 minute or until the sauce bubbles and thickens into a glaze.

### 6. The Finish

Turn off the heat. Add the green parts of the green onion and 2 teaspoons of sesame oil. Mix well and serve immediately over rice.