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Chicken Stir-Fry

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A quick and easy dish to prepare, this chicken stir-fry is packed with veggies. Try adding bean sprouts, bamboo shoots, snap peas, or any of your favorite vegetables. Serve it with white or brown rice, or noodles.

By Katie Sechrist

Prep: 30 mins

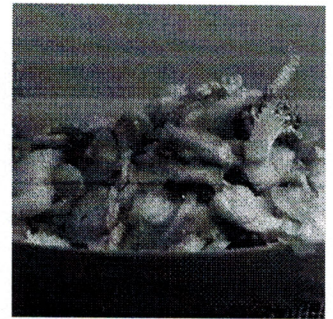
Cook: 35 mins

Additional: 15 mins

Total: 1 hr 20 mins

Servings: 6

Yield: 6 servings



Ingredients

- 2 cups white rice
- 4 cups water
- $\frac{2}{3}$ cup soy sauce
- $\frac{1}{4}$ cup brown sugar
- 1 tablespoon cornstarch
- 1 tablespoon minced fresh ginger
- 1 tablespoon minced garlic
- $\frac{1}{4}$ teaspoon red pepper flakes
- 3 skinless, boneless chicken breast halves, thinly sliced
- 1 tablespoon sesame oil
- 1 green bell pepper, cut into matchsticks
- 1 (8 ounce) can sliced water chestnuts, drained
- 1 head broccoli, broken into florets
- 1 cup sliced carrots
- 1 onion, cut into large chunks
- 1 tablespoon sesame oil

Directions

Step 1

Bring rice and water to a boil in a saucepan over high heat. Reduce heat to medium-low, cover, and simmer until rice is tender, and liquid has been absorbed, 20 to 25 minutes.

Step 2

Combine soy sauce, brown sugar, and corn starch in a small bowl; stir until smooth. Mix ginger, garlic, and red pepper into sauce; coat chicken with marinade and refrigerate for at least 15 minutes.

Step 3

Heat 1 tablespoon sesame oil in a large skillet over medium-high heat. Cook and stir bell pepper, water chestnuts, broccoli, carrots, and onion until just tender, about 5 minutes. Remove vegetables from skillet and keep warm.

Step 4

Remove chicken from marinade, reserving liquid. Heat 1 tablespoon sesame oil in skillet over medium-high heat. Cook and stir chicken until slightly pink on the inside, about 2 minutes per side; return vegetables and reserved marinade to skillet. Bring to a boil; cook and stir until chicken is no longer pink in the middle and vegetables are tender, 5 to 7 minutes. Serve over rice.

Nutrition Facts

Per Serving: 700 calories; protein 67.7g; carbohydrates 76.7g; fat 12.1g; cholesterol 161.4mg; sodium 1790.4mg.