

Quick Chicken Stir-Fry

- **Ingredients:** 🍗

1. 1 lb boneless, skinless chicken breast, cut into bite-sized pieces
2. 2 tbsp soy sauce
3. 1 tbsp cornstarch
4. 1 tbsp vegetable oil
5. 1 red bell pepper, sliced
6. 1 cup broccoli florets
7. 1/2 cup sliced carrots
8. 2 cloves garlic, minced
9. 1 tsp fresh ginger, grated
10. **Sauce:** 1/4 cup soy sauce, 1 tbsp honey, 1 tsp sesame oil

- **Instructions:**

1. In a bowl, toss chicken with 2 tbsp soy sauce and cornstarch.
2. Heat vegetable oil in a large skillet or wok over high heat. Cook chicken until browned and cooked through. Remove from pan.
3. Add bell pepper, broccoli, and carrots to the pan. Stir-fry for 3-4 minutes until tender-crisp.
4. Add garlic and ginger and cook for another minute.
5. Pour in the sauce ingredients and bring to a simmer.
6. Return the chicken to the pan and toss to coat everything in the sauce.
7. Serve immediately, perhaps over rice.