

Treasure Barrel

Easy Chicken Stir Fry with Vegetables

10 min Prep time	**12 min** Cook time	**22 min** Total time
4 Servings	**Easy** Difficulty	**Asian-inspired** Cuisine

Ingredients

Main Ingredients

- [ ] 8 oz boneless skinless chicken breast, thinly sliced
- [ ] 1 cup peeled and sliced carrots
- [ ] 1 cup chopped broccoli florets
- [ ] 1 cup sliced bell pepper (any color), mixed with 1/2 cup snap peas
- [ ] 1/2 cup diced onion
- [ ] 1 tablespoon vegetable oil
- [ ] 1 teaspoon toasted sesame oil
- [ ] 1 cup cooked jasmine rice (for serving)

The Sauce

- [ ] 2 cloves garlic, minced
- [ ] 1 tablespoon fresh ginger, grated
- [ ] 2 tablespoons soy sauce
- [ ] 1 tablespoon oyster sauce
- [ ] 1 tablespoon honey
- [ ] 1 tablespoon rice vinegar
- [ ] 1 teaspoon cornstarch mixed with 1 tablespoon water

Garnish

- [ ] 1 tablespoon chopped green onions, for garnish (optional)

Instructions

1. Start by heating your skillet or wok over medium-high heat. Add in 1 tablespoon vegetable oil and give it a little swirl just to make sure the whole surface is coated. It should be shimmering and ready.

2. Now, just give your sliced chicken a pinch of salt and pepper. Add it to the hot pan and stir-fry for about 3-4 minutes. You're looking for a light brown color, but don't cook it all the way through yet. Move the chicken to a plate for a moment.

3. In that same pan—all those good chicken flavors are still there—toss in the sliced onion, carrots, diced bell pepper, broccoli, and snap peas. Stir-fry these for 3 minutes. I like them when they're bright and just tender, not mushy.

4. Stir in the minced garlic and grated ginger. This only takes about 30 seconds, but wow, the smell is just wonderful once it hits the heat.

5. Bring the chicken back home to the pan and pour in your soy sauce, oyster sauce, honey, and rice vinegar. Give it a good stir to combine and let it simmer for about 1 minute.

6. Stir in that cornstarch slurry. Cook for another 1-2 minutes; you'll see the sauce thicken up and beautifully coat every piece of chicken and vegetable.

7. Drizzle in the toasted sesame oil and give everything one final toss. Look, just taste it—if it needs a bit more salt, go ahead and add a pinch.

8. Scoop your stir-fry over a warm bed of jasmine rice. If you're feeling fancy, sprinkle those chopped green onions on top.

9. Enjoy it immediately while it's still hot and flavorful!

Nutrition per serving

320 kcal	24 g	28 g	12 g
Calories	Protein	Carbs	Fat

Tips & notes

- Prep your chicken and vegetables ahead of time to keep the actual cooking process fast and smooth.
- A high-heat pan ensures the vegetables stay crisp and the chicken gets a nice sear.
- The cornstarch slurry is what gives the sauce that glossy, restaurant-style finish.