

Helergon Kitchen

# Easy Chicken Stir Fry With Vegetables

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| **15 min**<br>Prep time | **15 min**<br>Cook time | **30 min**<br>Total time |
| **4**<br>Servings | **Easy**<br>Difficulty | **Asian**<br>Cuisine |

## Ingredients

### Main Ingredients

- [ ] 1 lb boneless skinless chicken breast, sliced into 1/4-inch strips
- [ ] 1 cup jasmine rice
- [ ] 1 cup sliced carrots (about 2 medium carrots)
- [ ] 1 cup sliced bell pepper (mixed colors)
- [ ] 1 cup snow peas or broccoli florets
- [ ] 1 small onion, thinly sliced
- [ ] 2 tbsp vegetable oil or peanut oil

### For the Sauce

- [ ] 3 tbsp soy sauce
- [ ] 2 tbsp hoisin sauce
- [ ] 1 tbsp rice vinegar
- [ ] 1 tbsp honey
- [ ] 1 tsp freshly grated ginger
- [ ] 2 cloves garlic, minced
- [ ] 1/2 tsp crushed red pepper flakes (optional)
- [ ] 2 tsp cornstarch
- [ ] 2 tsp water

### For the Finish

- [ ] 2 tsp sesame oil (for finished glaze, optional)
- [ ] 2 tbsp toasted sesame seeds
- [ ] 2 tbsp sliced green onions

## Instructions

1. First, let's get the rice going. Rinse 1 cup jasmine rice in cold water until the water runs clear—it just makes it fluffier, honestly. Combine the rice with 2 cups water in a rice cooker or pot, bring it to a boil, then reduce to a simmer, cover, and cook 15 minutes until tender. Set it aside and keep it warm.

2. While the rice is simmering, grab a bowl and whisk together the soy sauce, hoisin sauce, rice vinegar, honey, grated ginger, minced garlic, crushed red pepper flakes, 2 tsp cornstarch and 2 tsp water to make a slurry. Set that aside; it's where all the magic happens.

3. Pat the sliced chicken strips dry with paper towels. I mean, it seems like a small thing, but it helps them brown better. Season them lightly with a pinch of salt.

4. Heat 1 tablespoon vegetable oil in a large skillet or wok over medium-high heat. Add the chicken and stir-fry until golden brown and cooked through, about 4-5 minutes. Remove the chicken to a plate and set it aside for a moment.

5. Add the remaining oil to the pan. Toss in the sliced onion and carrots and stir-fry for 2 minutes until they just start to soften. You'll smell the onions hitting the heat, and it's just lovely.

6. Now, add the bell pepper and snow peas (or broccoli florets) to the pan. Stir-fry another 2 minutes until all the vegetables are crisp-tender. We want them bright and fresh, not mushy.

7. Return the cooked chicken to the pan. Pour that prepared sauce over everything and stir to coat. Cook for 2 minutes until the sauce thickens and glazes the stir-fry. Wow, the smell at this stage is just wonderful.

8. Transfer the chicken-vegetable mixture to a serving bowl. Sprinkle with toasted sesame seeds and sliced green onions for a fresh, pretty finish.

9. Serve the warm stir-fry immediately over that freshly cooked jasmine rice. It's a simple, grounding meal that just feels right.

### Nutrition per serving

| 420 kcal | 32 g | 45 g | 14 g |
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| Calories | Protein | Carbs | Fat |

### Tips & notes

- Cut chicken into uniform strips to ensure even cooking and prevent chewy bits.
- Keep all vegetables pre-cut and on a small prep bowl so you can quickly toss them as the heat rises.
- Use the cornstarch slurry to thicken the sauce easily; stir in slowly to avoid clumping.