



## High-Protein Chicken Stir-Fry

### Description

Here's a simple and delicious high-protein chicken stir-fry recipe that is both nutritious and easy to make. This dish is packed with vegetables and can be served over brown rice, quinoa, or on its own for a lower-carb option.

### High-Protein Chicken Stir-Fry

#### Ingredients:

- 1 pound (450g) boneless, skinless chicken breast, sliced into thin strips
- 2 tablespoons soy sauce (low-sodium, if preferred)
- 1 tablespoon cornstarch
- 2 tablespoons olive oil or sesame oil
- 2 cloves garlic, minced
- 1 tablespoon fresh ginger, minced
- 1 cup bell peppers, sliced (any color)
- 1 cup broccoli florets
- 1 cup snap peas
- 1 carrot, sliced thinly
- 1/2 cup water chestnuts, sliced (optional)
- 3 green onions, sliced
- 2 tablespoons oyster sauce (optional)
- 1 tablespoon sesame seeds (for garnish)
- Cooked brown rice, quinoa, or cauliflower rice (for serving)

#### Instructions:

##### 1. Marinate the Chicken:

- In a bowl, combine sliced chicken, soy sauce, and cornstarch. Toss to coat evenly and let it marinate for about 15-20 minutes.
- 2. Prepare the Stir-Fry Sauce:**
  - In a small bowl, mix together soy sauce, oyster sauce, and a little water (if desired) to make a stir-fry sauce. Adjust to taste.
- 3. Cook the Chicken:**
  - Heat 1 tablespoon of oil in a large skillet or wok over medium-high heat. Add the marinated chicken and cook for about 5-7 minutes or until browned and cooked through. Remove the chicken from the pan and set aside.
- 4. Stir-Fry the Vegetables:**
  - In the same pan, add the remaining tablespoon of oil. Add garlic and ginger, sauté for about 30 seconds until fragrant.
  - Add the bell peppers, broccoli, snap peas, carrot, and water chestnuts. Stir-fry for about 4-5 minutes until the vegetables are tender-crisp.
- 5. Combine:**
  - Return the cooked chicken to the pan with the vegetables. Pour the stir-fry sauce over the mixture and toss to combine. Cook for an additional 2-3 minutes until everything is heated through and coated in the sauce.
- 6. Serve:**
  - Garnish with sliced green onions and sesame seeds. Serve immediately over cooked brown rice, quinoa, or cauliflower rice.

## Nutritional Benefits:

- Chicken breast is a great source of lean protein.
- Adding various vegetables increases fiber and provides essential vitamins and minerals.
- This dish is versatile, and you can add other high-protein ingredients like tofu, edamame, or nuts if desired.

Enjoy your high-protein chicken stir-fry! Feel free to customize it with your favorite vegetables or sauces.

## Category

1. High Protein Recipes

## Date Created

25/02/2025

## Author

rauf