

Chicken and Egg Stir-Fry

A quick and protein-packed stir-fry combining tender chicken pieces with fluffy scrambled eggs. Perfect for a nutritious solo meal that's both flavorful and easy to prepare.


20 min

Total time

Easy

Difficulty

350

kcal / serving

Ingredients

- 150g chicken breast, thinly sliced
- 2 large eggs
- 1 tablespoon vegetable oil
- 1 clove garlic, minced
- 1 small onion, sliced
- Salt and pepper to taste
- 1 teaspoon soy sauce
- Optional: chopped green onions for garnish

Steps

- 1 Heat vegetable oil in a pan over medium heat.
- 2 Add minced garlic and sliced onions, sauté until fragrant and translucent.
- 3 Add chicken slices to the pan, season with salt and pepper, and cook until browned and fully cooked.
- 4 Beat the eggs in a bowl and pour into the pan with the chicken, stirring gently to scramble.
- 5 Add soy sauce and mix well, cooking until eggs are just set.
- 6 Remove from heat and garnish with chopped green onions if desired.
- 7 Serve hot with steamed rice or enjoy as is.