

Chicken and Veggie Stir-Fry

A delicious and nutritious stir-fry dish with tender chicken, crisp broccoli, and savory mushrooms.


25 min

Total time

Easy

Difficulty

350

kcal / serving

Ingredients

- 200g chicken breast
- 100g broccoli
- 100g mushrooms
- 2 tbsp soy sauce
- 1 tbsp sesame oil
- 1 garlic clove, minced
- 1/2 tsp ginger, grated
- Salt and pepper to taste
- Cooking oil

Steps

- 1 Cut the chicken into bite-sized pieces.
- 2 Heat some cooking oil in a pan over medium heat.
- 3 Add the chicken and cook until browned.
- 4 Toss in the minced garlic and grated ginger, stir for 1 minute.
- 5 Add broccoli and mushrooms, cook until tender.
- 6 Pour in soy sauce and sesame oil, season with salt and pepper.
- 7 Stir well to combine and cook for another 2 minutes.
- 8 Serve hot and enjoy!