

Chicken, Broccoli, and Pumpkin Stir-Fry

A healthy and colorful stir-fry combining tender chicken breast, crisp broccoli florets, and sweet roasted pumpkin, seasoned with garlic and soy sauce.


25 min

Total time

Easy

Difficulty

350

kcal / serving

Ingredients

- 150g chicken breast, sliced thinly
- 100g broccoli florets
- 100g pumpkin, peeled and diced
- 1 clove garlic, minced
- 1 tbsp soy sauce
- 1 tsp olive oil
- Salt and pepper to taste
- Optional: chili flakes for a spicy kick

Steps

- 1 Heat olive oil in a pan over medium heat.
- 2 Add minced garlic and sauté until fragrant.
- 3 Add chicken slices and cook until no longer pink.
- 4 Add diced pumpkin and cook for 5 minutes until tender.
- 5 Add broccoli florets and stir-fry for another 3-4 minutes until crisp-tender.
- 6 Pour soy sauce over the mixture, stirring well to combine.
- 7 Season with salt, pepper, and chili flakes if using.
- 8 Serve hot as a wholesome single-serving meal.