

Grape and Chicken Stir-Fry

This vibrant stir-fry features juicy grapes paired with tender chicken and colorful vegetables, creating a delightful balance of sweet and savory flavors. Perfect for a quick and nutritious meal!



Main Dish

15 min

Total time

easy

Difficulty

350

kcal / serving

Ingredients

- 150g chicken breast, diced
- 100g red grapes, halved
- 1 bell pepper, sliced
- 1 small zucchini, sliced
- 1 tablespoon olive oil
- 1 tablespoon soy sauce
- 1 teaspoon honey
- Salt and pepper to taste
- Fresh basil for garnish (optional)

Steps

- 1 Heat olive oil in a pan over medium heat.
- 2 Add the diced chicken breast and cook until browned, about 5 minutes.
- 3 Stir in the sliced bell pepper and zucchini, cooking for another 3 minutes until slightly tender.
- 4 Add the halved grapes, soy sauce, honey, salt, and pepper, and cook for an additional 2-3 minutes until the grapes soften and release their juices.
- 5 Remove from heat and garnish with fresh basil if desired. Serve immediately.