

Ketchup-Based Chicken Stir Fry

This delicious stir fry is a great way to finish a jar of ketchup! It combines the sweetness of ketchup with the nuttiness of sesame oil. Perfect for a quick and easy weeknight dinner.



Main Dish

20 min

Total time

Easy

Difficulty

295

kcal / serving

Ingredients

- 1 boneless, skinless chicken breast (shredded or diced into cubes)
- 2 tablespoons ketchup
- 1 tablespoon sesame oil
- 3 cloves garlic (minced)
- 2 tablespoons soy sauce
- 1 tablespoon ginger (minced)
- 1 tablespoon honey
- 1/4 cup diced onions
- 2 cups broccoli florets
- Salt and pepper to taste

Steps

- 1 Heat a large skillet or wok over medium-high heat.
- 2 Add the sesame oil and diced chicken pieces into the hot skillet. Cook until the chicken is browned and cooked through.
- 3 Add the diced onions and minced garlic into skillet. Stir-fry for 1 to 2 minutes until the onions have softened.
- 4 Add the broccoli florets to the skillet and stir-fry until the vegetables are tender-crisp.
- 5 Reduce the heat to low. Stir in the ketchup, soy sauce, honey, and ginger.
- 6 Simmer until the sauce thickens up a bit. Add in salt and pepper to taste.
- 7 Serve the stir fry over steamed white rice or noodles.