

Mango Chicken Stir-Fry

This vibrant Mango Chicken Stir-Fry combines juicy mango with tender chicken and crunchy vegetables, creating a delightful balance of sweet and savory flavors. Perfect for a quick and healthy main dish!



Main Dish

20 min

Total time

easy

Difficulty

350

kcal / serving

Ingredients

- 1 chicken breast, sliced
- 1 ripe mango, diced
- 1 bell pepper, sliced
- 1 small onion, sliced
- 1 clove garlic, minced
- 1 tablespoon olive oil
- 1 tablespoon soy sauce
- 1 teaspoon ginger, grated
- Salt and pepper to taste
- Fresh cilantro for garnish (optional)

Steps

- 1 Heat olive oil in a pan over medium heat.
- 2 Add sliced chicken breast and cook until browned and cooked through.
- 3 Add onion and garlic, sautéing until fragrant.
- 4 Stir in bell pepper and cook for another 2 minutes.
- 5 Add diced mango, soy sauce, and ginger. Cook for an additional 2-3 minutes until everything is heated through.
- 6 Season with salt and pepper to taste.
- 7 Serve hot, garnished with fresh cilantro if desired.