

Mango Chicken Stir-Fry

This vibrant Mango Chicken Stir-Fry blends the sweetness of ripe mango with tender chicken and colorful vegetables, creating a delightful dish that's both refreshing and satisfying. Perfect for a quick weeknight dinner!



Main Dish

20 min

Total time

easy

Difficulty

450

kcal / serving

Ingredients

- 1 medium chicken breast, sliced thinly
- 1 ripe mango, diced
- 1 cup bell peppers, sliced (red and yellow)
- 1/2 cup snap peas
- 1 tablespoon soy sauce
- 1 tablespoon olive oil
- 1 teaspoon fresh ginger, minced
- Salt and pepper to taste
- Cooked rice or quinoa for serving

Steps

- 1 Heat the olive oil in a pan over medium heat.
- 2 Add the sliced chicken breast and cook until browned, about 5-7 minutes.
- 3 Stir in the minced ginger and cook for another minute.
- 4 Add the bell peppers and snap peas, sautéing for 3-4 minutes until they are tender-crisp.
- 5 Add the diced mango and soy sauce, cooking for an additional 2 minutes.
- 6 Season with salt and pepper to taste.
- 7 Serve hot over cooked rice or quinoa.