

Soy-Glazed Chicken Stir-Fry

A quick and savory stir-fry featuring tender chicken breast glazed in a rich soy sauce, paired with crisp vegetables for a balanced meal.



Main Dish

20 min

Total time

Easy

Difficulty

350

kcal / serving

Ingredients

- 100g chicken breast, sliced thinly
- 1 tablespoon soy sauce
- 1 teaspoon honey
- 1 clove garlic, minced
- 1/2 cup bell peppers, sliced
- 1/4 cup broccoli florets
- 1 teaspoon vegetable oil
- Salt and pepper to taste
- Cooked rice (optional, 1/2 cup)

Steps

- 1 In a small bowl, mix soy sauce, honey, and minced garlic.
- 2 Heat vegetable oil in a pan over medium-high heat.
- 3 Add chicken slices, season with salt and pepper, and cook until browned.
- 4 Pour the soy sauce mixture over the chicken and stir to coat.
- 5 Add bell peppers and broccoli; stir-fry for 3-4 minutes until vegetables are tender-crisp.
- 6 Remove from heat and serve hot, optionally over cooked rice.