

Soy-Glazed Chicken Stir-Fry

A quick and flavorful stir-fry featuring tender chicken glazed with a savory soy sauce. Perfect for a healthy, single-serving meal packed with vibrant vegetables.



Main Dish

20 min

Total time

Easy

Difficulty

350

kcal / serving

Ingredients

- 150g chicken breast, thinly sliced
- 1 tablespoon soy sauce
- 1 teaspoon honey
- 1 clove garlic, minced
- 1/2 teaspoon grated ginger
- 1/2 cup broccoli florets
- 1/4 cup sliced bell peppers
- 1/4 cup sliced carrots
- 1 tablespoon vegetable oil
- Salt and pepper to taste
- 1 teaspoon sesame seeds (optional)

Steps

- 1 In a small bowl, mix soy sauce, honey, garlic, and ginger to create the glaze.
- 2 Heat vegetable oil in a pan over medium-high heat.
- 3 Add chicken slices, season with salt and pepper, and cook until lightly browned, about 4-5 minutes.
- 4 Add broccoli, bell peppers, and carrots to the pan; stir-fry for 3-4 minutes until vegetables are tender-crisp.
- 5 Pour the soy glaze over the chicken and vegetables, stirring to coat evenly.
- 6 Cook for another 2 minutes until the glaze thickens slightly.
- 7 Serve hot, sprinkled with sesame seeds if desired.