

Delicious Chicken Stir Fry

Course Cuisine, Main Dish
Cuisine Asian

Servings 4 PEOPLE
Prep Time 10 MINUTES
Cook Time 10 MINUTES

Ingredients

- 1 lb. Kind's Boneless Skinless Chicken Thighs
- 2 cups Broccoli Florets
- 1 Green Bell Pepper
- 1 large Carrot
- 2 tbsp olive oil (divided)
- 1 tsp Ginger
- 1 1/2 tsp Minced Garlic
- Salt & Pepper to Taste

Stir Fry Sauce Ingredients

- 1 tbsp Cornstarch
- 2 tbsp Cold Water
- 1/4 cup King's Bone Broth
- 2 tbsp Liquid Aminos
- 1/2 tsp Crushed Red Pepper Flakes (optional)

Instructions

1. In a bowl add water & cornstarch. Use a whisk to combine. Then add all other sauce ingredients- mixing well. Set aside.

2. Cube chicken thighs into 1 inch pieces & season with salt & pepper. Heat 1 tbsp olive oil over med-high heat in a large skillet. Cook chicken pieces for 3-5 minutes, or until cooked through. Set aside.

3. Meanwhile, start chopping the broccoli, pepper, & carrot. Heat the remaining tbsp of olive oil & stir fry veggies over medium heat. Once they are a crisp tender add in garlic & ginger- cook for 30 more seconds.

4. Add chicken back to skillet. Agitate the stir fry sauce & pour over mixture. Gently stir until veggies are coated.

5. Bring to a boil for one minute- stirring occasionally.

6. Serve with fried rice, steamed rice, or lo mein noodles & enjoy!