



MaineHealth
Community Education

Chicken Stir Fry 101

A stir fry is a quick and easy way to make a healthy meal. Most of making a good stir fry is getting all your veggies and meat chopped and ready to go so that you can cook everything quickly. A stir fry is a flexible meal too. Don't like chicken? Use slices of thin beef. Don't eat meat? Throw in extra veggies or use extra-firm tofu. Love broccoli, but hate carrots? Then just use broccoli! You can use whatever you want! Consider this recipe an introduction and guideline for quickly cooking meat and veggies. Feel free to adjust and put your own spin on it! Serve some steamed rice or cooked pasta with it and you will have a hearty meal.

Make sure to wash and dry all your veggies before chopping

This recipe serves 4

The Ingredients:

1-2 tablespoons of sesame oil or peanut oil (enough to coat the bottom of the pan)

1 pound of thinly slice chicken breast (if they have it, use the already sliced chicken tenders at your grocery store)

1 cup of peeled carrot, cut into thin 2-3 inch sticks (about 2 carrots)

1 cup of chopped broccoli florets, try to make them all the same size, about 2-3 inches

1 cup of bell pepper (about 1 large pepper and use whatever color you like) cut into thin 2-3 inch strips

1 cup of mushrooms (shitake would be great!) stems removed and thinly sliced
2 garlic cloves, peeled and finely minced
¼ cup green onions, root end removed and thinly sliced (about 2 green onions)

The Sauce:

2 tablespoons soy sauce
2 tablespoons oyster sauce (found at any grocery store and lasts for a long time)
2 teaspoons cornstarch
½ teaspoon sugar
½ teaspoon red pepper flakes (optional, if you like it spicy!)

The Cooking:

Make sure all your meat and veggies are chopped and ready to go. Now make your sauce. Mix all the sauce ingredients in a medium size bowl and whisk together with a fork or whisk, making sure the cornstarch is dissolved. You will have to stir it one more time before adding to the stir fry.

In a large, non-stick frying pan or wok heat oil on medium high heat until it shimmers, add chicken in a single layer and let brown, about 5-7 minutes, flip it over and cook on the other side for another 5 minutes, until browned. Chicken is done when it measures 160 degrees on a meat thermometer and the juices run clear. Remove chicken to a plate and set aside. Do you need more oil? Maybe, if pan looks dry add another teaspoon to coat the pan. Add carrots and stir fry for 2-3 minutes or until you start to see some browning on the carrots. Add broccoli and stir fry another 2-3 minutes or until the broccoli looks bright green. Add bell pepper and stir fry another 2-3 minutes. Add mushrooms and stir fry another 2-3 minutes. Add garlic and stir fry 2-3 minutes. If pan seems to be getting dry, add a little water.

Now, add the chicken back in (including all the juice that is on the plate) and stir fry for another 30 seconds or so, just until everything is combined. Turn the heat down to low and add the sauce, remembering to give it a quick stir

before you pour it all over. Stir until it looks thick and glossy. Turn off the heat and top with the green onions.

And that's it! Serve with rice or noodles or on its own. Both are tasty. Remember, make this you own. If you like it saucier, double the amount. If you like it spicy, add dry chilies. Have fun!