



## Honey Ginger Chicken Stir Fry

PREP TIME: 20 MIN

COOKING TIME: 40 MIN

SERVES: 4

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*Lots of veggies, fresh ginger root, thin strips of chicken, and a clean-eating honey-ginger sauce makes everyone happy! Served with long grain brown rice.*

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### Ingredients

#### Rice:

2 cups dry long-grain brown rice

#### Stir Fry:

1 ¼ to 1 ½ pounds chicken breast, boneless skinless  
1 small yellow onion  
1 red or yellow bell pepper  
5 oz broccoli (about 2 cups florets)  
2 stalks celery  
2 medium carrots  
1" section of fresh ginger root

#### Sauce:

½ tsp ground, dry ginger OR 2 tablespoons fresh minced ginger root  
2-3 cloves of garlic, minced  
¼ cup honey  
¼ cup chicken stock  
½ cup Tamari (soy sauce), low-sodium  
3 tablespoons rice wine vinegar, seasoned or unseasoned

### Notes

- For some spice, top with red pepper flakes or sriracha.
- If you have any other vegetables feel free to add them in. Get creative!
- Cooking tip: use your largest skillet or a wok. It can get a little crowded in the pan with so many veggies and meat. A large pan will help everything cook faster and get crispier.

### Directions

1. In a small pot add the rice and 4 cups of water. Bring to a boil and then add a pinch of salt. Reduce heat to low, cover the pot with a lid, and maintain a gentle simmer. Cook rice for 30-40 minutes or until all the water is absorbed. Remove from heat and let the rice sit for 5 minutes or until ready to serve. Fluff with a fork.
2. Take the onion and slice off the ends. Cut the onion in half and then peel the skin off each side. Slice each half into ¼" slices.
3. Trim off the top of the carrot. Optional: you can peel your carrot before slicing. Cut diagonally into thin slices.
4. Cut celery diagonally into thin slices.
5. Peel your ginger. If you do not have a peeler you can peel the ginger by scraping the outer brown part with a spoon until it comes off. Once peeled, mince (finely chop).
6. Cut the bell pepper in half and remove the white part with seeds. Once that has been removed, slice thinly into strips.
7. Slice the chicken into thin (¼") strips.
8. Once the chicken and all your vegetables have been cut, heat a large skillet to medium-high heat. When your skillet is hot, add 1-2 tablespoons of olive oil.
9. Add ginger to the hot skillet and saute, stirring often until fragrant. Then add the chicken and season well with salt and pepper. Stir the chicken frequently until it has cooked through and is a light brown color, about 10 minutes. Remove the chicken from the pan and set aside.
10. In the same pan, add another 1-2 tablespoons of oil. Add the onions, celery, and carrots. Cook for 5 minutes or until carrots soften, stirring often. Next, add the broccoli and bell peppers. Cook veggies together until tender-crisp. Add the chicken back into the skillet with the veggies.
11. Add Honey Ginger Stir-Fry sauce and mix in with chicken and vegetables until combined. Cook until the sauce is bubbly and starting to thicken, about 3-5 minutes. \*(If making the sauce yourself, whisk all sauce ingredients together first)
12. Once everything is cooked, build a bed of rice and scoop the stir fry on top. Serve immediately.