

Chinese Chicken Stir Fry Recipe

prep: 5 mins | **cook:** 20 mins | **total:** 25 mins

author: katie wells

yield: 10 cups

A simple stir fry using chicken, Napa cabbage, and spices with coconut aminos, honey, and vinegar.

Ingredients

- 4 chicken breasts
- ½ tsp **each** of ground ginger, garlic powder, salt, and pepper, or 1 TBSP of five spice
- 3 TBSP apple cider vinegar
- 3 TBSP butter or coconut oil, divided
- 1 large head of cabbage
- 1 red bell pepper (optional)
- 1 medium onion
- 2 TBSP sesame seeds (optional)
- ¼ cup coconut aminos
- ¼ cup honey (optional)
- ½ tsp sesame oil

Instructions

1. Thinly slice the chicken.
2. Season with ginger, garlic, salt, and pepper and sprinkle with apple cider vinegar.
3. Let sit 5 minutes to marinate.
4. Heat 1-2 TBSP of butter or coconut oil in large skillet or wok.
5. Sauté the chicken, removing when cooked and slightly brown.
6. While the chicken is cooking, thinly slice the cabbage, bell pepper if using, and onion.
7. Sauté in the remaining butter or coconut oil in the same pan until soft.
8. While the vegetables are cooking, toast the sesame seeds if using by tossing in a small skillet on the stove until lightly browned and fragrant.
9. Add the chicken back into the skillet/wok and add the coconut aminos and honey, if using.
10. Drizzle sparingly with sesame oil.
11. Add more seasoning to taste, if desired.
12. Portion out individual servings and garnish with sesame seeds if using.



courses: main

cuisine: chinese

Nutrition Facts

Serving Size 2 cups

Amount Per Serving

Calories 301

	% Daily Value
Total Fat 10.9 g	17%
Saturated Fat 5.2 g	26%
Cholesterol 53 mg	18%
Sodium 372 mg	16%
Total Carbohydrates 36.1 g	12%
Dietary Fiber 7.6 g	30%
Sugars 24.2 g	
Protein 17.7 g	35%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Recipe by Wellness Mama® at <https://wellnessmama.com/1736/chinese-chicken-stir-fry/>