

# Chicken Stir Fry with Spinach and Bok Choy

Yield: 4 min  
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/chicken-spinach-chinese-recipe>

## Ingredients:

- 1 tablespoon natural peanut butter chunky
- 1/2 teaspoon rice vinegar
- 1 tablespoon tamari
- 1/2 cup water
- 1/4 teaspoon ginger root finely grated
- 1/4 teaspoon red pepper flakes
- 1 tablespoon avocado oil split in half
- 1 teaspoon minced garlic split in half
- 6 ounces chicken chicken, cut into 1/2" cubes
- 1/2 cup ribs bok choy, and leaves, trimmed and thinly sliced
- 1 teaspoon scallion thinly sliced
- 1/4 cup red bell pepper thinly sliced
- 1/4 cup button mushrooms sliced
- 1 cup baby spinach leaves

## Nutrition:

1. Calories: 160 calories
2. Carbohydrate: 2 grams
3. Cholesterol: 40 milligrams
4. Fat: 10 grams
5. Fiber: 1 grams
6. Protein: 15 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 300 milligrams
9. Sugar: 1 grams

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