

# Chicken Stir Fry

Yield: 4 min  
Total Time: 18 min

Recipe from: <https://www.recipeschoose.com/recipes/anglo-indian-chicken-pepper-fry-recipe>

## Ingredients:

- 1 pound boneless, skinless chicken breast cut into 1 inch cubes
- salt
- pepper
- 2 tablespoons olive oil divided
- 2 cups broccoli florets
- 1/2 yellow bell pepper cut into 1 inch pieces
- 1/2 red bell pepper cut into 1 inch pieces
- 1/2 cup baby carrots sliced
- 2 teaspoons minced ginger
- 2 garlic cloves minced
- 1 tablespoon corn starch
- 2 tablespoons cold water
- 1/4 cup low sodium chicken broth
- 3 tablespoons low sodium soy sauce
- 1/4 cup honey
- 1 tablespoon toasted sesame oil
- 1/2 teaspoon crushed red pepper flakes

## Nutrition:

1. Calories: 340 calories
2. Carbohydrate: 29 grams
3. Cholesterol: 75 milligrams
4. Fat: 14 grams
5. Fiber: 3 grams
6. Protein: 27 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 760 milligrams
9. Sugar: 20 grams

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