

Chicken & Vegetable Stir- Fry

By: Chef Will Coleman | November 4, 2017 | chefwillcoleman.com |
Episode Four 'Will's Fit & Full Kitchen'



Serves 4 People | 15 minutes- prep time | 20 minutes- cooking time | 35 minutes- total time

What you need:

For the sauce:

- 3 tablespoons soy sauce
- 3 tablespoons vinegar
- 1 tablespoon sugar or honey
- 1/4 cup water
- 1 tablespoon chili sauce or Sriracha

For the stir fry:

- 3 tablespoons olive oil
- 1 pound chicken breast, thinly sliced
- 3 carrots, thinly sliced
- 1/2 red onion, sliced
- 1 cup sugar snap peas
- 1 cup broccoli florets
- 1/2 cup green onion, for garnish
- Sesame seeds for garnish

How to make it:

In a small bowl, combine together all of the ingredients for your stir-fry sauce. Once your sauce is combined, set it aside for later use.

Place a wok or any deep skillet over high heat on your stove. Allow your wok to heat up for a minute. Now, add in two tablespoons of oil into the wok, being sure to coat the sides.

Once the oil has begun to sizzle, go ahead and the sliced chicken breast into the pan. Be sure to use a wooden spoon to break up the chicken once it's in the wok because it will stick to the bottom of your wok quickly.

After five minutes of cooking your chicken, it should be fully cooked. If not, then continue to cook for another minute or until it is no longer pink in the middle.

Once the chicken is completely cooked, remove it from the wok and place it on a plate. You can set aside your chicken for later use.

Place your wok back onto the stove, reduce the heat to medium. Add in one tablespoon of oil into the wok. Once your oil has begun to sizzle, go ahead and add in your vegetables. Toss the vegetable together and cook for about 5-10 minutes or until they are tender.

Be sure you don't overcook your vegetables, you want tender crunchy vegetables when eating stir fry, not mushy veggies.

Once the vegetables are finished cooking, add back in the cooked chicken, and the stir-fry sauce. Now, toss all of the stir fry comments together for five minutes.

When the sauce has begun to thicken up and everything is well coated, then go ahead and remove it from the stove and pour it out onto a plate or platter.

Garnish with sliced green onions and sesame seeds. Serve with noodles, rice, or nothing at all... It's so good by itself, believe me. I ate the entire plate, don't tell anyone!

Enjoy, <3 Will

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