

Chicken Cabbage Stir-Fry Recipe



This easy chicken cabbage stir-fry comes together quickly in one pan and is perfect for a healthy, flavorful weeknight dinner.

Ingredients

- 1 pound boneless, skinless chicken breast or thighs, cut into bite-sized pieces
- 6 cups green cabbage, thinly sliced
- 1 cup carrots, shredded
- 1 small onion, sliced
- 3 cloves garlic, minced
- 1 tablespoon fresh ginger, minced
- 2 tablespoons olive oil or avocado oil, divided

For the sauce:

- 1/4 cup low-sodium soy sauce
- 1 tablespoon honey
- 1 tablespoon sesame oil
- 1 tablespoon cornstarch
- 1/4 cup chicken broth or water

Optional:

- 2 green onions, sliced
- 1 teaspoon sesame seeds

Instructions

1. Heat 1 tablespoon of oil in a large skillet over medium-high heat. Add the chicken and cook for 5 to 7 minutes, until browned and cooked through. Transfer to a plate.
2. Add the remaining tablespoon of oil to the pan. Add the onion and carrots and cook for 2 to 3 minutes, until slightly softened.
3. Stir in the cabbage, garlic, and ginger. Cook for 3 to 5 minutes, until the cabbage is tender but still slightly crisp.
4. Return the chicken to the pan. Pour in the sauce and stir well. Cook for 1 to 2 minutes, until the sauce thickens and coats everything evenly.
5. Garnish with green onions and sesame seeds if desired. Serve immediately.

Notes

- Chicken thighs can be used for a richer flavor, while chicken breast keeps the dish lighter.
- Do not overcook the cabbage to maintain the best texture.
- Adjust sweetness or saltiness by slightly increasing or decreasing the honey or soy sauce.