

Chicken Cabbage Stir Fry

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Ingredients

3 chicken breast halves
1 teaspoon vegetable oil
3 cups green cabbage, shredded...
1 tablespoon cornstarch
1½ teaspoon ground ginger
1¼ teaspoon garlic powder
1½ cup water
1 tablespoon soy sauce
Red bell pepper

Directions

Cut chicken breasts into strips.
Heat oil in a frying pan.
Add chicken strips and stir fry over medium-high heat, turning constantly until done.
Add cabbage and sauté 2 minutes until cabbage is crisp-tender.
Mix cornstarch and seasonings; add water and soy sauce, and mix until smooth.
Stir sauce into chicken/cabbage mixture.
Cook until sauce has thickened and chicken is coated, about 1 minute.
Refrigerate leftovers within 2 hours.