

Chicken, Snow Peas and Ginger Stir Fry

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Ingredients

2 boneless chicken breasts
1 cup snow peas
1 large onion (sweet, yellow, white or red), sliced
1 large bell pepper (any color), chopped
3 garlic cloves, peeled and chopped
1 Tablespoon fresh ginger, peeled and chopped
1 Tablespoon Soy sauce (gluten-free)
Olive oil
1/2 tsp Garlic powder
1/2 tsp Ground ginger
Salt and pepper to taste
Optional: white or brown rice, cooked

Directions

If you plan on serving the stir fry over rice, go ahead and get that started. While the rice is cooking, prepare the stir fry and chicken.

Take two boneless chicken breasts and cut into small pieces. Season with salt, pepper, garlic powder, ground ginger, and soy sauce. Cook in skillet with a tablespoon of olive oil. Make sure the pieces are cooked through, and then set aside.

Chop bell pepper into large pieces, or lengthwise strips.

Peel and slice onion.

Peel and chop a small piece of fresh ginger.

Peel and chop 3 garlic cloves.

Add a tablespoon olive oil in a large skillet and heat. Throw all the veggies in the skillet and season with salt and pepper, and approximately 1 Tablespoon of soy sauce. Stir fry on medium heat. When veggies are almost tender, add cooked chicken in to veggies to reheat.

Serve stir fry over rice.