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Fantastic Chicken Stir-Fry Adventure

Ingredients:

1 pound boneless, skinless chicken breasts or thighs, cut into bite-sized pieces

2 tablespoons vegetable oil

2 cups mixed vegetables (such as bell peppers, broccoli, carrots, and snap peas), cut into thin slices or bite-sized pieces

3 cloves garlic, minced

1 teaspoon fresh ginger, minced (optional)

1/4 cup soy sauce

2 tablespoons oyster sauce (optional)

1 tablespoon cornstarch

2 tablespoons water

Cooked rice for serving

Equipment:

Large skillet or wok

Wooden spoon or spatula



Step-by-Step Directions:

1. Prepare Your Ingredients

Cut the chicken into bite-sized pieces.

Slice or chop your mixed vegetables.

Mince the garlic and ginger if you're using them.

2. Make the Stir-Fry Sauce

In a small bowl, whisk together the soy sauce, oyster sauce (if using), cornstarch, and water. Set this sauce aside.

3. Cook the Chicken



Heat 1 tablespoon of vegetable oil in a large skillet or wok over medium-high heat.

Add the chicken pieces and stir-fry them until they are no longer pink in the center, about 5-6 minutes.

Remove the cooked chicken from the skillet and set it aside.

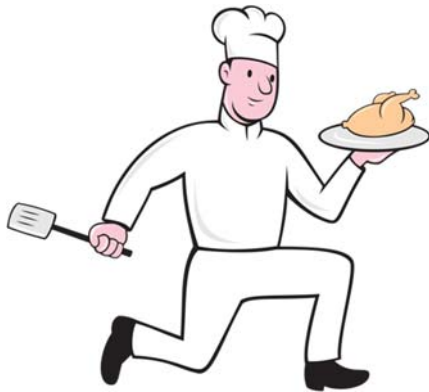
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4. Stir-Fry the Vegetables

In the same skillet, add the remaining 1 tablespoon of vegetable oil.

Add the minced garlic (and ginger if using) and stir-fry for about 30 seconds until fragrant.

Add the mixed vegetables and stir-fry for 4-5 minutes until they are crisp-tender.



5. Combine Everything

Return the cooked chicken to the skillet with the vegetables.

Pour the stir-fry sauce over the chicken and vegetables.

Stir everything together and cook for an additional 2-3 minutes until the sauce thickens and coats the ingredients.

6. Serve Your Chicken Stir-Fry

Scoop your delicious chicken stir-fry over cooked rice.

Garnish with chopped green onions or sesame seeds if you like.

Cooking Time and Temperature:

- Cooking time: Approximately 15-20 minutes.
- Cooking temperature: Medium-high heat for cooking chicken and vegetables.