



Easy Chicken Stir-Fry

 **Gluten Free**  **Dairy Free**

READY IN



30 min.

SERVINGS



2

CALORIES



188 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 tablespoon cornstarch
- 2 medium garlic clove
- 0.5 teaspoon kosher salt
- 2 tablespoons oyster sauce
- 1 medium bell pepper red
- 2 medium spring onion
- 2 tablespoons rice wine dry
- 8 ounces snow peas

- 2 tablespoons soya sauce
- 1 tablespoon vegetable oil
- 1 pound frangelico boneless skinless
- 1 pound frangelico boneless skinless

Equipment

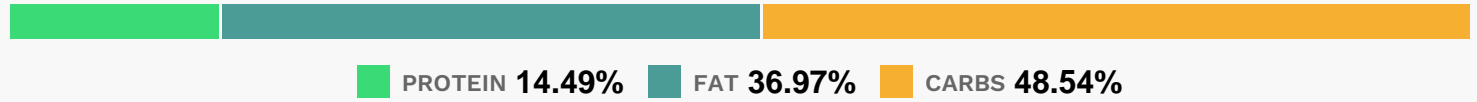
- bowl
- frying pan
- whisk
- wok
- spatula

Directions

- Place the oyster sauce, Shaoxing or sherry, soy sauce, cornstarch, and salt in a medium bowl and whisk to combine.
- Add the chicken, toss to thoroughly coat with the marinade, and let sit, uncovered and at room temperature, for 15 minutes. Meanwhile, prepare the remaining ingredients. Core and remove the seeds from the pepper and cut it into 1/4-inch slices; set aside. Rinse and dry the snow peas and set them aside. Finely chop the garlic and place it in a large bowl. Trim the ends of the scallions, cut them into 1/4-inch pieces, and add to the bowl with the garlic; set aside. When the chicken is ready, heat a 14-inch flat-bottomed wok or large frying pan (do not use nonstick) over high heat until a bead of water dances when dropped in the pan, about 1 to 2 minutes.
- Drizzle 1 teaspoon of the oil around the perimeter of the wok or pan and add the sliced bell pepper. Using a metal spatula, stir-fry until crisp-tender and charred in spots, about 1 to 2 minutes.
- Transfer to the large bowl with the garlic and scallions.
- Drizzle 1 teaspoon of the oil around the perimeter of the wok or pan and add the snow peas. Stir-fry until crisp-tender, about 1 to 2 minutes.
- Transfer to the large bowl with the peppers, garlic, and scallions.
- Drizzle the remaining tablespoon of oil around the perimeter of the wok or pan.
- Add the chicken along with the marinade, and arrange the chicken in an even layer.

- Let it sear undisturbed until golden brown on the bottom, about 1 to 2 minutes, then stir-fry until golden brown all over and cooked through, about 2 minutes more.
- Add the garlic, scallions, peppers, and snow peas. Stir-fry until the marinade has thickened, is glossy, and coats the chicken and vegetables, about 1 to 2 minutes more.
- Serve immediately over steamed rice.

Nutrition Facts



Properties

Glycemic Index:54.5, Glycemic Load:1.38, Inflammation Score:-10, Nutrition Score:20.503043558287%

Flavonoids

Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.79mg, Quercetin: 1.79mg, Quercetin: 1.79mg, Quercetin: 1.79mg

Nutrients (% of daily need)

Calories: 187.8kcal (9.39%), Fat: 7.31g (11.25%), Saturated Fat: 1.13g (7.09%), Carbohydrates: 21.61g (7.2%), Net Carbohydrates: 16.72g (6.08%), Sugar: 7.72g (8.58%), Cholesterol: 0mg (0%), Sodium: 2088.74mg (90.81%), Alcohol: 2.41g (100%), Alcohol %: 1.2% (100%), Protein: 6.45g (12.9%), Vitamin C: 147.97mg (179.36%), Vitamin K: 74.87µg (71.31%), Vitamin A: 3245.4IU (64.91%), Manganese: 0.52mg (26.02%), Folate: 90.63µg (22.66%), Vitamin B6: 0.44mg (21.99%), Fiber: 4.88g (19.54%), Iron: 3.39mg (18.82%), Vitamin B1: 0.23mg (15.26%), Vitamin E: 2.02mg (13.49%), Potassium: 457.64mg (13.08%), Vitamin B2: 0.21mg (12.13%), Magnesium: 47.06mg (11.77%), Vitamin B3: 2.34mg (11.69%), Phosphorus: 114.49mg (11.45%), Vitamin B5: 1.14mg (11.39%), Copper: 0.18mg (8.78%), Calcium: 79.71mg (7.97%), Zinc: 0.65mg (4.32%), Selenium: 2.63µg (3.76%), Vitamin B12: 0.07µg (1.23%)