

Spicy and Sweet Chicken Stir-Fry with a Kick



Ingredients:

1 lb. (450g) boneless, skinless chicken thighs, cut into bite-sized pieces
1/4 cup of sweet chili sauce
2 tablespoons soy sauce
1 tablespoon cornstarch
2 tablespoons vegetable oil
1 red bell pepper, sliced
1 yellow bell pepper, sliced
1 cup broccoli florets
1 carrot, julienned
3 cloves garlic, minced
1 teaspoon ginger, grated
2 green onions, chopped
Sesame seeds for garnish

Instructions:

Prep Time: 15 min | Cooking Time: 15 min

In a bowl, combine the chicken pieces with sweet chili sauce, soy sauce, and cornstarch. Mix well and let marinate for at least 15 minutes.

Heat vegetable oil in a large skillet or wok over medium-high heat. Add the marinated chicken and cook for 5-7 minutes, or until browned and cooked through.

Add the garlic and ginger to the skillet, stirring for about 1 minute until fragrant.

Toss in the sliced bell peppers, broccoli, and carrot. Stir-fry for an additional 5-7 minutes, or until the vegetables are tender-crisp.

Remove from heat and garnish with chopped green onions and sesame seeds before serving.