

Indian Chicken Stir-Fry

This is a quick recipe you can put together for your next family dinner! You can serve it with a side of brown rice or quinoa.

Time: 30 minutes

Serves: 4

Ingredients

1 Tbs. grated ginger

1 Tbs. grated garlic

1 serrano pepper, minced

½ tsp. garam masala

1 Tbs. + 1 Tbs. peanut oil

1 bell pepper (any color), chopped

1 small onion, chopped

1 lb. skinless, boneless chicken breasts or thighs, chopped

1 large tomato, chopped

½ tsp. kosher salt

a few cilantro sprigs

Instructions

In a small bowl, mix together the ginger, garlic, serrano, garam masala, and 1 Tbs. oil.

In a large nonstick pan, heat the remaining 1 Tbs. oil over high heat until very hot but not smoking. Stir-fry the bell pepper and onion until charred in spots, 1–2 minutes. Remove from the pan.

Add the ginger mixture to the pan. Stir-fry until fragrant, about 30 seconds. Add the chicken, tomato, and salt. Stir-fry until the chicken is cooked, 2–3 minutes. Return the vegetables to the pan and toss everything together.

Garnish with the cilantro.





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Nutrition Facts

Per serving (1 cup, not including rice):

Calories: 210

Total fat: 10 g

Sat fat: 2 g

Carbs: 5 g

Fiber: 1 g

Total sugar: 2 g

Added sugar: 0 g

Protein: 26 g

Sodium: 290 mg