

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

1. In a small bowl, mix together the ginger, garlic, serrano, garam masala, and 1 Tbs. oil.
2. 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.
3. Remove from the pan.
4. 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.
5. Garnish with the cilantro.

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



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- Sodium: 290 mg

Adapted from <https://www.cspinet.org/recipe/indian-chicken-stir-fry>



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