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by ewfood

Chicken Stir Fry

Ingredients

2 chicken breasts, cubed
oil for frying
½ onion thinly sliced
2 garlic cloves, minced
6 oz. broccoli
6 oz. sliced mushrooms
2 carrots diced
3 oz. green beans, diced
6 oz. bok choy, chopped
a dash of soy sauce
black pepper to taste

Cooks Note

Heat the oil in a pan; add the onions and chicken and sauté until the chicken is cooked through; add the remaining vegetables and stir fry until the vegetables are softened; add soy sauce and black pepper to taste.