

Bite Spoon

# Spicy Jalapeño Chicken Stir-Fry Recipe - Quick & Easy

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| **15 min**<br>Prep time | **15 min**<br>Cook time | **30 min**<br>Total time |
| **4**<br>Servings | **Easy**<br>Difficulty | **Asian**<br>Cuisine |

## Ingredients

### For the Stir-Fry

- [ ] 1.5 lbs boneless, skinless chicken breast, cut into 1-inch cubes
- [ ] 1 tbsp avocado oil or other high-heat oil
- [ ] 1 medium yellow onion, sliced
- [ ] 1 red bell pepper, sliced
- [ ] 2-3 fresh jalapeños, thinly sliced
- [ ] 3 cloves garlic, minced
- [ ] 1 tbsp fresh ginger, grated

### For the Stir-Fry Sauce

- [ ] 1/2 cup low-sodium soy sauce
- [ ] 1/4 cup water or chicken broth
- [ ] 2 tbsp honey or maple syrup
- [ ] 1 tbsp toasted sesame oil
- [ ] 1 tbsp cornstarch
- [ ] 1 tsp rice vinegar

### For Garnish (Optional)

- [ ] Toasted sesame seeds
- [ ] Sliced green onions

## Instructions

1. First things first, let's get our sauce ready. In a small bowl or a liquid measuring cup, combine the low-sodium soy sauce, water, honey, sesame oil, cornstarch, and rice vinegar. Whisk it all together until the cornstarch and honey are completely dissolved and the mixture is smooth. I love doing this first because then it’s just waiting patiently for its moment to shine. Set it aside for now, and take a moment to appreciate the lovely, nutty aroma of the toasted sesame oil.

2. Now, let's turn our attention to the chicken. Make sure your cubed chicken is patted nice and dry with a paper towel; this is so important for getting a good sear. Heat your wok or a large, heavy-bottomed skillet over medium-high heat. Once it’s hot, add the oil. It should shimmer slightly. Carefully place the chicken in the pan in a single layer. You want to hear a confident sizzle. Let it cook without moving for 2-3 minutes, until a beautiful golden-brown crust forms. Then, stir and continue cooking until it's opaque and cooked through. Remove the chicken from the pan and set it aside on a plate.

3. Into that same pan, add the sliced onion and bell pepper. Stir-fry for about 3-4 minutes, just until they begin to soften but still have a nice, crisp bite to them. You want them to get a little bit of color from those tasty browned bits left in the pan. Next, add the minced garlic, grated ginger, and your sliced jalapeños. Oh, the smell right now is just incredible! Cook for just another minute, stirring constantly, until everything is fragrant. Be careful not to let the garlic burn, or it will become bitter.

4 It’s time to bring it all together. Give your sauce a quick re-whisk, as the cornstarch may have settled. Pour the sauce into the pan with the vegetables. It will start to bubble and thicken almost immediately. Let it simmer for about a minute, then add the cooked chicken back into the pan. Toss everything together gently, making sure every single piece of chicken and vegetable is coated in that gorgeous, glossy sauce. Let it all heat through for another minute, and then it's ready. Serve it immediately over hot rice, garnished with a sprinkle of sesame seeds and green onions. It's just... wow.

### Nutrition per serving

| 420 kcal | 42 g | 28 g | 15 g |
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| Calories | Protein | Carbs | Fat |

### Tips & notes

- **Control the Heat:** Remember, most of the jalapeño's heat is in the seeds and the white ribs. For a milder dish, be sure to remove them completely. For more of a kick, leave some or all of them in. You're the chef here!
- **Don't Overcrowd the Pan:** When searing the chicken, cook it in two batches if needed. Overcrowding the pan will cause the chicken to steam instead of brown, and you'll miss out on that delicious crust and flavor.
- **Velveting the Chicken:** For extra-tender chicken, you can try a technique called velveting. Just toss the cubed chicken with a teaspoon of cornstarch and a teaspoon of soy sauce before searing. It creates a silky coating that locks in moisture.