



## Chicken and Vegetable Stir Fry

### Description



Who doesn't love a good stir fry? I know I do, and the beauty of it is you can add any protein and veggies and it always tastes delicious! This Chicken and Vegetable Stir Fry features our Serrano Pepper and Honey Balsamic Vinegar to give it a little kick!

### Ingredients:

- 1 1/2 lbs. chicken thighs, cut into smaller pieces
- 1 t. salt
- 1/2 t. No Salt Seasoning

- 2 T. [The Olive Tap's 100% Extra Virgin Olive Oil](#)
  - 12 oz. broccoli
  - 8 oz. snap peas (cut in half if they are large)
  - 8 oz. shredded cabbage
  - 2 t. The Olive Tap's [Sesame Oil](#)
  - 2 T. soy sauce (or coconut aminos if gluten free)
  - 2 T. The Olive Tap's [Serrano Pepper and Honey Balsamic Vinegar](#)
  - 1 t. honey
- \*it's great with [Mandarin Orange White Balsamic Vinegar](#), too!

### Directions:

1. Combine Five Spice powder with salt and season chicken pieces. Heat a wok or skillet over medium high heat. Add olive oil and then chicken pieces. Stir fry until golden brown.
2. In the meantime combine sesame oil, soy sauce, balsamic vinegar, and honey. Whisk to combine. Set aside.
3. When chicken is golden brown and cooked through remove from pan and add broccoli and snap peas. Towards the end add cabbage and cook to desired doneness (I like my vegetables crispy). Add chicken back into pan, and pour sauce over all. Continue to stir fry until sauce slightly thickens and coats everything in the pan.

Serve with rice or delicious on it's own.

Enjoy!

An Olive Tap Original Recipe by Melanie, Long Grove

Recipe originally appeared at <https://theolivetaprecipes.com/recipes/chicken-and-vegetable-stir-fry/>

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### Date

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