

Lemon Chicken Stir-fry



Lemon Chicken Stir-fry is a light, zesty, and healthy dish that combines tender chicken pieces with crisp vegetables, all tossed in a tangy lemon sauce. The vibrant flavors of fresh lemon juice and zest give this stir-fry a refreshing twist, while soy sauce adds savory depth. It's quick to make, making it an ideal weeknight dinner that's full of flavor and texture. Serve this stir-fry over rice or noodles for a complete and satisfying meal that's both nourishing and delicious.

Ingredients

- 1 lb boneless, skinless chicken breasts, thinly sliced
- 1 tbsp cornstarch

- 2 tbsp soy sauce (or tamari for gluten-free)
- 1/4 cup fresh lemon juice
- 1 tsp lemon zest
- 1 tbsp honey
- 1 tbsp olive oil (or vegetable oil)
- 2 cloves garlic, minced
- 1 bell pepper, sliced
- 1 cup snap peas
- 1 small carrot, julienned
- 2 green onions, chopped (optional)
- Sesame seeds for garnish (optional)
- Salt and pepper to taste

Instructions

1. **Marinate the chicken:** In a small bowl, toss the sliced chicken with cornstarch, soy sauce, salt, and pepper. Let it marinate for 10-15 minutes.
2. **Prepare the sauce:** In a separate bowl, whisk together the lemon juice, lemon zest, honey, and a pinch of salt. Set aside.
3. **Cook the chicken:** Heat 1 tablespoon of oil in a large skillet or wok over medium-high heat. Add the marinated chicken and stir-fry for 4-5 minutes, or until cooked through and golden brown. Remove the chicken from the pan and set aside.
4. **Stir-fry the vegetables:** In the same skillet, add the garlic, bell pepper, snap peas, and carrots. Stir-fry for 2-3 minutes until the vegetables are tender-crisp.
5. **Combine everything:** Return the cooked chicken to the skillet and pour the lemon sauce over the chicken and vegetables. Toss everything together and cook for an additional 1-2 minutes until the sauce thickens slightly.
6. **Serve:** Garnish with chopped green onions and sesame seeds, if desired. Serve hot over rice or noodles.

This Lemon Chicken Stir-fry is a flavorful, quick, and healthy meal, perfect for a refreshing twist on your stir-fry routine!