



Sticky Chili Chicken

Servings: 0

Ingredients

- 1 cup chicken broth
- 1/2 cup apple juice
- 4 garlic cloves, minced
- 3 tbsp soy sauce
- 2 tbsp cornstarch
- 1/2 tsp hot chill flakes
- 1/2 head savoy or napa cabbage
- 1 red pepper
- 3 green onions
- 3 skinless, boneless chicken breasts

Directions

Pour broth and juice into a bowl. Add garlic, soy, cornstarch and chill flakes. Stir until cornstarch dissolves. Slice cabbage into bite sized pieces. It should measure about 4 cups. Cut pepper into thin strips. Thinly slice onions. Cut chicken into bite sized pieces.

Oil a wok or large frying pan and set over medium high. Add chicken. Stir fry until lightly golden, 3 to 5 min. Stir broth mixture, then pour into pan. Using a wooden spoon, scrape up and stir in any brown bits from pan. Add cabbage and pepper. Stir fry until chicken is cooked through and cabbage is as soft as you like, 3 to 5 min. Taste and stir in more soy sauce, if needed. Just before serving, stir in onions. Excellent over steamed rice or cooked vermicelli noodles.

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