

# Honey Soy Chicken Stir Fry

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This Honey Soy Chicken stir fry is everything a Chicken Stir Fry should be. Tender chicken pieces, fresh broccoli and carrots smothered in a sticky, sweet honey soy sauce.



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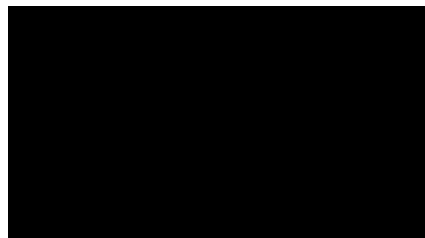
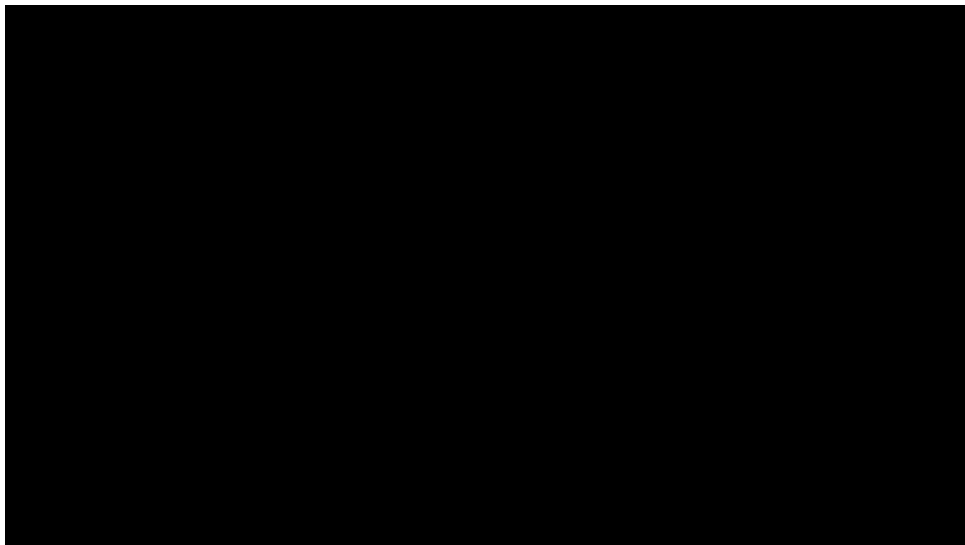
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## Honey Soy Chicken Stir Fry

Stir fry is one of the easiest dinners to make a hungry crowd. The secret is in the sauce. And THIS stir fry sauce is a winner. It's tastes like a takeout dinner – but it's healthy. So make a big bowl!

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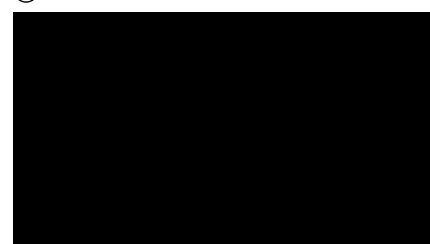




## Sticky Honey Soy Chicken Stir Fry

This sticky honey soy stir fry has a secret, and **I'm going to let you in on the 'How to Cook a Stir Fry' Secret.... Ready .... It's all in the sauce.**

**Yup.** If you master a great stir fry sauce, then you will never, ever have to eat another *blah* stir fry ever again. And this one's a winner!





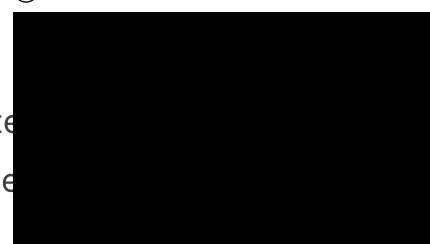


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## Kid Friendly Stir Fry

**For years I struggled to get my kids to eat stir fry.** Yes, their dinner plates looked all fresh and healthy and stuff, but no-one actually ate it. The kids would shuffle the food round their plate and pick out the individual ingredients they liked.



I was simply stroking my *‘I’m a good Mommy’* ego and it was getting silly. I was wasting food, wasting money and the kids were getting fussier.

**Stir fry was going to stay on the menu.** Which meant I needed a plan to get the kids eating it.

## Kid friendly stir fry sauce

This **KID FRIENDLY Honey Soy Stir Fry Sauce** is **THE Stirfry game changer**. It’s the perfect combination of sweet and salty, and was the magic needed to get my kids eating everything on their plate.

OK, life’s not always picture perfect.

There are still times when my fussier kids will push stray pieces of veggies out of my line of sight, but this is getting to be the exception, rather than the rule. And I can live with that.

*Dinner time shouldn’t be a battle zone.*

There are plenty of small non-conflict strategies you can try to encourage your child to try new foods or eat their veggies.

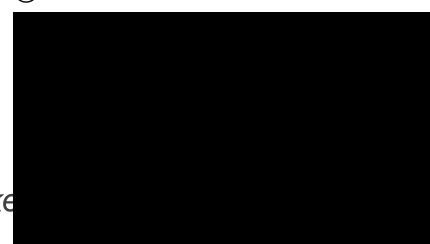
**Once you try it, you’ll find yourself wondering where else you can use your Honey Soy Stir Fry Sauce.**

Be inventive. Change up the protein. Try it with Shrimp or beef strips or Tofu for a Vegetarian option. Mix up the veggies. Try seasonal options or use frozen if you’re tight on time.

## Quick chicken stir fry

**A good quick chicken stir fry recipe is a great dinner time hack to keep up your sleeve.**

If I’m stuck for something to make or trying to rush things along so that I can make it (back) to the couch to read a little more of my book – then a quick and yummy stirfry is top of my *‘What shall I make for Dinner’* list.



of my all time favorite meal planning resources.

Need some help meal planning?

- [Grab the FREE meal planning tool kit here](#)
- [Meal Theme Dinner Night Ideas {with FREE printables}](#)

## How To Make Honey Soy Chicken Stir Fry

### Ingredients

- 1 lb Chicken breast *Skinless, chopped into bite sized pieces*
- 2 tbsp Olive oil *Or sesame oil*
- 1 Cup Carrots *Finely sliced, peeled*
- 2 Cups Broccoli *Washed, chopped or broken into bite sized florets*
- ½ tsp Salt
- ¼ tsp Black pepper

### HONEY GARLIC SAUCE

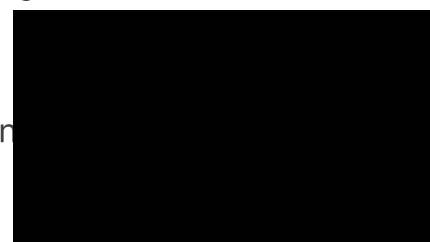
- ¼ cup Tamari *Or salt reduced soy sauce*
- ½ cup Chicken stock *Or vegetable stock*
- 3 tbsp Honey
- 3 cloves Garlic *Peeled, crushed*
- 1 tsp Ginger *Freshly minced (or jar)*

### Corn Flour Slurry

- 2½ tsp Cornflour *Or arrowroot powder*
- 2 tbsp COLD water

### Instructions

- **STIR FRY YOUR VEGGIES BRIEFLY** – Heat a large pan on the stove top. Add **1 tablespoon oil, broccoli and carrots**. Stir fry your veggies for 2- 4 minutes for them to soften slightly. Don't overcook as you want them to be crunchy and bright in color. Remove them from the pan and set them aside. **2-4 MINUTES**
- **FRY & BROWN YOUR CHICKEN** – Use the same pan, add the remaining olive oil and chicken pieces. Don" overcrowd your pan as this causes the chicken to release too much moisture. If needed, cook in batches. You want to sear your chicken all round. **5 MINUTES**



stock, honey, garlic and ginger until well combined.**MAKE UP**

**YOUR CORN FLOUR SLURRY** – mix corn flour and COLD Water until smooth.

- **ADD THE SAUCE TO THE CHICKEN** – pour the sauce and cornflour mix over your chicken. STIR CONSTANTLY until sauce thickens. This will only take a couple of seconds. If your chicken needs a couple more minutes to cook through, this this is the time to let it simmer for a bit in it’s sauce.
- **ADD THE VEGGIES** – Stir in your brocolli and carrots and stir gently to heat through and coat every piece in delcious, sticky honey sauce.

Notes

- Serve with a side of steamed brown rice, cauliflower rice or soba noodles

Honey Soy Chicken Stir Fry Recipe

# Honey Soy Chicken Stir Fry

A sweet and sticky chicken and veggies stir fry that I serve up in place of takeout. Tender, bite sized chicken pieces, fresh broccoli, caramelised carrots smothered in a sweet and sticky honey garlic sauce. DELICIOUS!!

**Course**

Clean Eating, Dinner, Fast, Lunchbox, One Pot

**Cuisine**

Clean Eating

**Keyword**

Clean Eating Honey Chicken Stirfry

**Servings**

4 people

**Calories**

296kcal

**Author**

Stephanie

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## Ingredients

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- 2 tbsp Olive oil *Or sesame oil*
- 1 Cup Carrots *Finely sliced, peeled*
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- 1 tsp Ginger *Freshly minced (or jar)*

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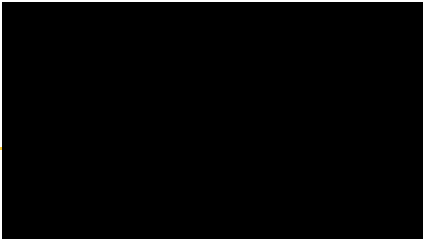
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2. **FRY & BROWN YOUR CHICKEN** – Use the same pan, add the remaining olive oil and chicken pieces. Don'' overcrowd your pan as this causes the chicken to release too much moisture. If needed, cook in batches. You want to sear your chicken all round. **5 MINUTES**
3. **PREP YOUR HONEY GARLIC SAUCE** – While your chicken is sizzling, prep your sauce. Mix together the tamari (or soy sauce), stock, honey, garlic and ginger until well combined.  
  
**MAKE UP YOUR CORN FLOUR SLURRY** – mix corn flour and COLD Water until smooth.
4. **ADD THE SAUCE TO THE CHICKEN** – pour the sauce and cornflour mix over your chicken. **STIR CONSTANTLY** until sauce thickens. This will only take a couple of seconds. If your chicken needs a couple more minutes to cook through, this this is the time to let it simmer for a bit in it's sauce.
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## Notes

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SHARED ON  
March 24, 2022

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WRITTEN BY  
Stephanie





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