

Chicken Cabbage Stir Fry

This **chicken and cabbage stir fry** recipe is fast and easy. The chicken is soft and tender, and the onions and cabbage melt in your mouth. Ready in just over half an hour!

Since I grew up with plenty of Czech and central European food, it's no wonder that I love cabbage so much. Somehow, I don't manage to eat it that often, though. I'm always so surprised at just how flavorful fried cabbage is. It's just so good.

You really don't need much in the way of seasoning to make this recipe taste delicious. I used your standard mild paprika, some fresh garlic, and an onion, along with the usual salt & pepper. I don't feel like this recipe needs anything else, but you could always swap the mild paprika for hot paprika or smoked paprika if you wish.

This low-carb chicken and cabbage recipe is actually pretty healthy.

How to make a chicken and cabbage stir fry

- Cook the chicken until it's *just* done, then take it out of the pan;
- Sauté the onion in butter for a few minutes;
- Add the cabbage and cook (tossing/stirring frequently) for about 10-15 minutes or until it starts to get nice and tender.
- Add the garlic and paprika;
- Finish the dish by adding the chicken back it into the pan and heating it through.

_ **Natasha (saltandlavender.com)**

PLEASE, USE THE NEXT PAGE LINK BELOW FOR THE RECIPE AND INGREDIENTS.

To Make this Recipe You'll Need the following ingredients:

You'll Need:

3 chicken breast halves.
1 tsp of oil.
3 cups of green shredded cabbage.
 $\frac{1}{2}$ cup of diced red bell pepper.
1 tbsp of cornstarch.
 $\frac{1}{2}$ tsp of ground ginger.
1 tsp of garlic powder.
 $\frac{1}{2}$ cup of water.
Soy sauce.

How to:

First, clean and cut the chicken into strips then place them in a frying pan with heated oil over medium high heat. Stir constantly until the chicken is cooked.

Stir in the cabbage and red pepper for about 2 minutes then add in the cornstarch, seasonings, water and soy sauce and mix until well combined and smooth.

Stir in the sauce and cook to thicken for about 1 minute.

Source: Allrecipes.com

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