

# Chicken Cabbage Stir Fry

## 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.