



## Stir-Fried Chicken with Bok Choy

In restaurants, stir-frying is done in extra-large woks over very high heat. To approximate the effect at home, don't crowd the meat in the pan, and make sure the wok and oil are nice and hot before you add the chicken.

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<http://www.marthastewart.com/897967/stir-fried-chicken-bok-choy>

Rated(4)4

**Prep Time**  
20 minutes

**Total Time**  
20 minutes

**Yield**  
Serves 4

### Ingredients

- 1/4 cup low-sodium soy sauce
- 1 tablespoon rice vinegar
- 2 teaspoons light-brown sugar
- 2 boneless, skinless chicken breasts (about 1 pound total)
- 4 teaspoons cornstarch
- 2 tablespoons vegetable oil
- 2 garlic cloves, thinly sliced
- 2 teaspoons minced peeled fresh ginger
- 4 cups sliced bok choy (from 1 head)
- 1 small red chile or jalapeno, seeded and sliced
- Cooked rice, for serving

### Directions

1. In a small bowl, combine soy sauce, vinegar, brown sugar, and 3 tablespoons water. Slice chicken into thin strips. In a medium bowl, toss chicken with cornstarch until coated. In a large wok or skillet, heat oil, garlic, and ginger over medium-high until fragrant, about 1 minute. Add chicken in a single layer, pressing against pan to sear. Cook, stirring, until lightly browned and just cooked through, 6 to 8 minutes. Add bok choy and chile and cook, stirring, until bok choy slightly wilts, about 1 minute. Add soy sauce mixture and cook until sauce thickens slightly, 2 minutes. Serve over rice.

### Cook's Note

#### Speedy Strategy

Stir-frying is fast -- have all your ingredients prepped before you begin.