



# Cabbage Stir-fry

**TIME: 25-30 MINUTES**

**SERVINGS: 4**

## PROCEDURE

1. Cut chicken breast halves into strips.
2. Heat oil in frying pan over medium-high heat.
3. Add the chicken strips and turn them constantly, until lightly browned (about 2 to 3 minutes) and put them aside on a large plate lined with paper-towels
4. Add the cabbage and stir fry until cabbage is tender-crisp.
5. Mix cornstarch, ginger and garlic powder; add ~1/2 cup of water and the soy sauce. Mix until smooth.
6. Add the chicken to the cabbage stir fry
7. Cook until the sauce thickens and all pieces are coated, about 1 minute.

## INGREDIENTS

- 16oz of lean chicken breast
- 1 head of cabbage, shredded
- 1 tsp of oil
- 1 tbsp cornstarch
- 1/4 tsp garlic powder
- 1 tbsp of soy sauce
- 1/2 teaspoon of ginger (optional)



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