

Chicken and Bok Choy Stir Fry

submitted by dylpill21



Per serving: 178 Calories • 7.2g Carbs (1.3g Fiber) • 3.2g Fat • 29.1g Protein

Ingredients

Ingredients scaled to: 4 serving

2 breast, bone and skin removed **Chicken breast** (472 grams)

1/4 tsp **Salt** (1.5 grams)

1/4 tsp **Pepper** (0.53 grams)

4 cups raw **Bok Choy** (149 grams)

1/4 cup **Water** (59.2 grams)

3 tbsp **Soy sauce** (54 grams)

2 tbsp **Barbecue sauce** (35 grams)

1 clove **Garlic** (3 grams)

4 medium (4-1/8" long) **Scallions** (60 grams)

1 tbsp **Pepper or hot sauce** (14.4 grams)

Directions

Directions are based on the original recipe of 4 servings

1. Heat the oil in a large skillet over medium-high heat. Season the chicken with ¼ teaspoon each salt and pepper.
2. Cook the chicken, tossing occasionally, until browned and cooked through, 4 to 6 minutes per side depending on thickness. Transfer to a plate.
3. Add the bok choy and ¼ cup water to the skillet. Cover and cook until the bok choy is just tender, 3 to 4 minutes.
4. In a small bowl, combine the soy sauce, barbecue sauce, garlic, and scallions. Add to the skillet and bring to a boil.
5. Return the chicken to the skillet and cook, tossing, just until heated through, 1 to 2 minutes. Serve with hot sauce if desired.