

Chicken with Asparagus

This is a very easy and simple dish which the only two main ingredients are combined: chicken breast and asparagus.



Ingredients:

1 chicken breast cut in small cubes

2 cloves garlic, finely chopped

$\frac{1}{2}$ tablespoon soy sauce

2 $\frac{1}{2}$ tablespoon olive oil

Salt and pepper to taste

$\frac{1}{2}$ tablespoon corn starch

1 bunch asparagus cut in approximately 1 ~ 1 $\frac{1}{2}$ in

Method:

Marinate the chicken breast with the garlic, soy sauce, $\frac{1}{2}$ tablespoon olive oil, salt, pepper and corn starch. Let it sit for 5~10 minutes.

Heat the remaining olive oil and stir fry the chicken breast for approximately 4~5 minutes.

Once the chicken cubes are done, remove from heat and set aside. In the same pan add the asparagus and stir fry for another 2 minutes, add the chicken and stir gently.

Serve hot with white rice.

I hope you enjoy this simple and healthy recipe of chicken with asparagus.



Did you know that asparagus contain high levels of antioxidants and is very low in calories? In culinary, asparagus is used around the world in several ways, stir-fried, steamed, boiled, grilled and even raw.

Thank you for stopping by Simple Recipes and have a great week!