

Long Livo

47 Healthy Chicken Recipes for Easy Weeknight Meals

15 min Prep time	**25 min** Cook time	**40 min** Total time
4 Servings	**Easy** Difficulty	**Asian** Cuisine

Ingredients

Base Ingredients

- [ ] 2 lbs boneless, skinless chicken breasts, cut into 1-inch pieces
- [ ] 2 tbsp olive oil
- [ ] 4 cloves garlic, minced
- [ ] 1-inch piece ginger, grated
- [ ] 1 medium onion, diced
- [ ] Salt and pepper to taste

Vegetable Selection

- [ ] 2 cups broccoli florets
- [ ] 1 red bell pepper, sliced
- [ ] 2 cups spinach leaves
- [ ] 1 cup cherry tomatoes, halved
- [ ] 2 carrots, sliced diagonally

Flavor Enhancers

- [ ] 3 tbsp low-sodium soy sauce or tamari
- [ ] 2 tbsp honey or maple syrup
- [ ] 1 tbsp rice vinegar
- [ ] 1 tsp sesame oil
- [ ] Fresh herbs (parsley, basil, or cilantro)

Instructions

1. Start by prepping all your ingredients. Cut the chicken into even pieces—I find that 1-inch cubes cook through perfectly without drying out. Chop the vegetables while the pan heats up with a tablespoon of olive oil. That sizzle when you add the chicken is so satisfying, like the beginning of something good.

2. Cook the chicken in batches if needed—don’t crowd the pan. Brown it on all sides until golden, about 5-7 minutes. Remove and set aside. In the same pan, sauté the onions until translucent, then add the garlic and ginger. Their fragrance will fill your kitchen with the promise of a comforting meal, much like the aromas from a warming ginger chicken soup.

3. Add the harder vegetables like carrots and bell peppers, cooking for 3-4 minutes until slightly softened. Then incorporate the broccoli and other quick-cooking veggies. The colors alone make me smile—so vibrant and alive. Pour in the sauce ingredients and bring to a gentle simmer.

4. Return the chicken to the pan, stirring to coat everything in the flavorful sauce. Cook for another 5 minutes until heated through and the chicken is cooked to perfection. Add the spinach and tomatoes at the last minute—they just need to wilt slightly. The transformation from raw ingredients to a complete dish always feels a bit magical.

5. Finish with a drizzle of sesame oil and a generous handful of fresh herbs. Serve immediately over rice, quinoa, or enjoy as is. I love how the steam rises from the plate, carrying all those wonderful scents straight to waiting appetites. It’s these simple, nourishing meals that become the foundation of family memories.

Nutrition per serving

320 kcal	35 g	18 g	12 g
Calories	Protein	Carbs	Fat

Tips & notes

- Chicken can be marinated up to 24 hours ahead for deeper flavor
- Leftovers keep well for 3-4 days and reheat beautifully
- Adjust vegetable combinations based on what’s in season
- For a creamier version, stir in a tablespoon of Greek yogurt at the end