

Thai Chicken & Mango Stir Fry

Ingredients

- 2 tablespoons and 1 teaspoon fish sauce
- 2 tablespoons lime juice
- 1 1/2 teaspoons cornstarch
- 1 to 2 teaspoons brown sugar
- 4 teaspoons canola oil, divided
- 1 pound chicken tenders, cut into 1-inch pieces
- 2 garlic cloves, minced
- 1 bunch scallions, cut into 1-inch pieces
- 1 teaspoon minced fresh ginger
- 1/2 to 3/4 teaspoon crushed red pepper
- 4 cups bite-size broccoli florets
- 1/4 cup water
- 2 mangoes, peeled and sliced
- 1/4 cup chopped fresh cilantro
- 1/4 cup chopped fresh basil
- 1/4 cup chopped fresh mint
- 1 lime, cut into 6 wedges (optional)



Directions

Provided by: [hally](#) Simple Recipes for Health & Wellness

1. Combine fish sauce, lime juice, cornstarch and brown sugar to taste, in a small bowl.
2. Heat 2 teaspoons of oil in a wok or large skillet over high heat. Add chicken; cook, stirring, until just cooked through, 5 to 7 minutes. Transfer to a plate.
3. Add the remaining 2 teaspoons of oil, garlic, ginger and crushed red pepper to the pan. Cook, stirring, until fragrant, about 15 seconds.
4. Add broccoli and water; cook, stirring, until beginning to soften, about 2 minutes. Add mangoes and scallions; cook, stirring, for 1 minute.
5. Add the reserved sauce and chicken; cook, stirring, until the sauce is thickened and the chicken is heated through, about 1 minute. Stir in cilantro, basil and mint. Serve with lime wedges, if desired.

