

# Electric Skillet Chicken Stir Fry



This quick and easy teriyaki chicken stir-fry combines tender chicken strips with colorful peppers and onions, all tossed in a savory sauce. It's a flavorful, healthy dish that's perfect for a weeknight dinner.

## Your Key Ingredient:

[NESCO Electric Skillet](#)

## Ingredients

- 1 lb. boneless, skinless chicken breast, cut into bite-size strips
- 2 red bell peppers, sliced into strips
- 2 yellow bell peppers, sliced into strips
- 1 green bell pepper, sliced into strips

- 2 onions, thinly sliced
- 3 tablespoons olive oil, divided
- 4 tablespoons teriyaki sauce, divided

## **Instructions**

1. Heat 2 tablespoons of olive oil in a wok or large skillet over medium-high heat. Add the peppers and onions, and cook for about 5 minutes, stirring occasionally, until they begin to soften. Add 2 tablespoons of teriyaki sauce and stir to coat. Continue cooking until the vegetables are tender.
2. In a separate pan, heat the remaining 1 tablespoon of olive oil over medium heat. Add the chicken and cook, stirring occasionally, until no longer pink. Once the chicken starts to brown, add 1 tablespoon of teriyaki sauce and stir.
3. When the chicken is fully cooked and browned, add it to the vegetable mixture in the wok. Stir in the remaining 1 tablespoon of teriyaki sauce, and cook for an additional 2 minutes.
4. Remove from heat and serve warm.