## Preparation
- Number of Servings: 4
- Time to Prepare: 10 minutes
- Time to Cook: 20 minutes
- Tools Needed: Knife, large skillet, measuring cups and spoons

## Ingredients
- 2 cups boneless chicken breasts or thighs
- 1 cup chopped cabbage
- 1/3 cup shredded carrots
- 1/3 cup chopped multicolored sweet peppers
- 1/3 cup chopped onion
- 1 teaspoon minced garlic
- 1/4 cup sweet chili sauce
- 2 tablespoons vegetable oil

## Method
- In a large skillet on medium heat, combine vegetable oil, minced garlic and chicken.
  - Cook 10 minutes, then add chopped cabbage, shredded carrots, chopped onion, multicolored sweet peppers, and chopped onion.
  - Cook 5 minutes, then add sweet chili sauce
  - Cook an additional 5 minutes
  - Allow to rest 5 minutes then serve