Chicken & Broccoli Stir Fry

This quick cooking make-your-own takeout dish can be customized with your favorite veggies and proteins like shrimp or lean beef.

YIELD:
4 SERVINGS

PREP TIME:
10 MIN

TOTAL TIME:
30 MIN

INGREDIENTS

For the Stir Fry Sauce:
- ½ cup Water
- 3 Tbsp Soy Sauce, low-sodium
- 2 Tbsp Rice Vinegar
- 2 Tbsp Brown Sugar
- 2 tsp Sesame Oil
- ½ tsp Ground Ginger
- ¼ tsp Crushed Red Pepper Flakes
- 2 tsp Cornstarch

For the Stir Fry:
- 1 Tbsp Olive Oil
- 1 lb Chicken Breast, boneless & skinless, cut into bite sized pieces
- ½ each Red Onion, cut into 1” pieces
- 1 each Red Bell Pepper, cut into 1” pieces
- 4 cups Broccoli (from 1 crown), cut into bite sized florets
- 2 cloves Garlic, minced

DIRECTIONS

1. Gather all necessary equipment and ingredients. Prepare all ingredients as described above.

2. Make the sauce by combining the water, soy sauce, rice vinegar, brown sugar, sesame oil, ground ginger, red pepper flakes, and cornstarch in a small bowl. Set aside.

3. Heat a large nonstick skillet over medium high heat and once hot, add the olive oil, swirling to coat the bottom of the pan evenly. Add the chicken pieces and cook until lightly browned on one side, about 3 minutes. Flip the chicken and finish browning on the other side, until the chicken reaches 165°F, about 2 – 3 more minutes.

4. Using tongs, remove the cooked chicken to a plate or bowl and set aside.

5. Add the onion and bell pepper and cook, stirring occasionally, until lightly browned and softened, about 2 – 3 minutes.

CHEF’S NOTES

Short on time? Substitute a bag of frozen stir fry vegetables for the fresh and reduce the cooking time by a few minutes.

Making your own stir fry sauce allows you to control the quality of the ingredients in your meal, as well as the sodium and added sugar. Keeping a stocked pantry and spice rack ensures full flavored meals come together quickly.
6. Add the broccoli and cook, stirring occasionally, until lightly browned and just tender, about 2 – 4 minutes more. Add a few tablespoons of water to help add steam to the pan and soften the broccoli quicker.

7. Add the garlic and cook until just fragrant, about 30 seconds – 1 minute.

8. Add the cooked chicken and reserved stir fry sauce to the pan and stir constantly, until thick and glossy and the mixture is fully coated, about 1 minute more.

9. Remove from the heat and enjoy!

Nutrition Facts

4 servings per container

Serving size 1 cup (312g)

Amount Per Serving

Calories 270

% Daily Value*

Total Fat 9g 12%
Saturated Fat 1.5g 8%
Trans Fat 0g

Cholesterol 85mg 28%

Sodium 530mg 23%

Total Carbohydrate 19g 7%
Dietary Fiber 3g 11%

Total Sugars 11g
Includes 8g Added Sugars 16%

Protein 29g 58%

Vitamin D 0mcg 0%
Calcium 60mg 4%
Iron 1.3mg 8%
Potassium 760mg 15%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.