

Chicken Stir-Fry with Broccoli

4 servings • Category: Dinner • Generated by Nutrifax

Ingredients

- 4 × 125 g Chicken (broiler, breast, skinless, boneless, meat, raw)
- 4 × 250 ml chopped Broccoli (raw)
- 4 clove Garlic (raw)
- 1 × 60 ml Ginger root (raw)
- 3 tbsp Soy sauce (made with soy and wheat) (shoyu, regular)
- 1 × 10 ml Vegetable oil (sesame)
- 2 tbsp Vegetable oil (olive)
- 1 1/2 cup Grains (rice, white, long-grain, regular, dry)
- 1/2 tsp Salt (table)
- 1/2 × 5 ml ground Spices (pepper, black)

Instructions

1. Cook the rice according to package directions. Set aside.
2. Cut the chicken breast into bite-sized pieces. Season with salt and pepper.
3. Cut the broccoli into small florets. Mince the garlic and grate the ginger.
4. Heat the olive oil in a large wok or skillet over high heat. Add the chicken and cook for 5-6 minutes until golden and cooked through. Remove and set aside.
5. Add the sesame oil to the same pan. Add the garlic and ginger, stir-fry for 30 seconds until fragrant.
6. Add the broccoli florets and stir-fry for 3-4 minutes until bright green and tender-crisp.
7. Return the chicken to the pan. Add the soy sauce and toss everything together for 1 minute.
8. Serve the stir-fry over the cooked rice.