

# Easy Japanese Chicken Stir Fry with Broccoli

Yield: 4 min  
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/japanese-chicken-onion-recipe-stir-fry>

## Ingredients:

- 1 tablespoon oil
- 1/2 pound chicken breast tenders cut in bite-sized pieces
- 2 cups broccoli florets trimmed
- 4 baby bok choy halved
- 1/2 red bell pepper medium, sliced
- 1/4 white onion sliced
- 1 clove garlic minced
- 1/4 cup cashews
- 2 teaspoons sesame seeds
- 1 green onion thinly sliced
- 1/4 cup coconut sugar
- 2 tablespoons mirin a slightly sweet rice wine
- 1/4 cup tamari sauce or coconut aminos for paleo diet
- 2 tablespoons rice wine vinegar
- 1 teaspoon cornstarch or arrowroot or potato starch or tapioca mixed with 2 tsp water

## Nutrition:

1. Calories: 380 calories
2. Carbohydrate: 34 grams
3. Cholesterol: 25 milligrams
4. Fat: 20 grams
5. Fiber: 6 grams
6. Protein: 20 grams
7. SaturatedFat: 3 grams
8. Sodium: 1440 milligrams
9. Sugar: 14 grams

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