

# CHICKEN BROCCOLI STIR-FRY

Yield: 4 min  
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/chicken-shrimp-and-broccoli-chinese-recipe>

## Ingredients:

- 1 pound chicken breast about 2 breasts, cubed
- 3 scallions whites only, thinly sliced on an angle, I used green bits too
- 2 cloves garlic minced
- 1 inch peeled fresh ginger piece, minced, I just grate this right in
- 1 tablespoon soy sauce
- 2 tablespoons sugar
- 1 tablespoon cornstarch
- 1 1/4 teaspoons salt
- 1 tablespoon dark sesame oil
- 1/3 cup water
- 3 tablespoons vegetable oil
- 6 cups broccoli trimmed sliced stalks and medium florets
- 2 teaspoons red chili flakes optional
- 1 tablespoon hoisin sauce
- toasted sesame seeds Garnish:, optional
- jasmine rice Serving suggestion:

## Nutrition:

1. Calories: 360 calories
2. Carbohydrate: 22 grams
3. Cholesterol: 75 milligrams
4. Fat: 19 grams
5. Fiber: 5 grams
6. Protein: 29 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 1210 milligrams
9. Sugar: 10 grams

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