

Chinese Chicken Broccoli Stir Fry

Yield: 4 min
Total Time: 40 min

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

Ingredients:

- 1 1/2 pounds chicken tenders
- 1/4 cup soy sauce
- 2 large garlic cloves minced
- 1 tablespoon sesame oil
- 1 head broccoli cut into florets, about 3 1/2 cups
- 1 tablespoon olive oil
- 1/4 cup chicken stock
- 2 tablespoons honey
- 1 tablespoon hoisin sauce
- 2 teaspoons rice vinegar
- 1 teaspoon garlic powder
- 1/2 teaspoon freshly grated ginger
- 2 tablespoons corn starch
- 1/2 teaspoon sesame seeds optional

Nutrition:

1. Calories: 380 calories
2. Carbohydrate: 28 grams
3. Cholesterol: 110 milligrams
4. Fat: 12 grams
5. Fiber: 5 grams
6. Protein: 42 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 1230 milligrams
9. Sugar: 13 grams

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