

# Chicken Broccoli and Mushroom Stir Fry

Yield: 6 min  
Total Time: 30 min

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

## Ingredients:

- 1 pound boneless skinless chicken breast cut into 3/4? pieces
- 1/4 cup all purpose flour
- 1 cup chicken broth /stock
- 1/4 cup honey
- 1/4 cup soy sauce
- 1/2 tablespoon fresh ginger peeled and grated, \*see note
- 2 garlic cloves medium, grated
- 2 teaspoons sesame oil optional but recommended
- 2 tablespoons cooking oil I used extra light olive oil, divided
- 1 1/4 pounds broccoli about 6 cups broccoli florets
- 1 small onion sliced
- 3/4 pound white button mushrooms sliced

## Nutrition:

1. Calories: 260 calories
2. Carbohydrate: 26 grams
3. Cholesterol: 50 milligrams
4. Fat: 9 grams
5. Fiber: 4 grams
6. Protein: 22 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 730 milligrams
9. Sugar: 15 grams

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