

# Chinese Chicken Broccoli Stirfry

Yield: 6 min  
Total Time: 40 min

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

## Ingredients:

- 2 skinless boneless chicken breasts cut into bite-sized pieces
- 1 teaspoon baking soda
- 2 teaspoons soy sauce tamari for gluten-free
- 2 teaspoons tapioca starch
- 1/2 pound broccoli cut into bite-sized pieces
- 2 tablespoons light olive oil
- 1/2 medium onion chopped into large chunks
- 2 cloves garlic minced
- 1 teaspoon minced ginger
- 1/4 cup chicken broth
- 3 tablespoons oyster sauce
- 2 teaspoons soy sauce tamari for gluten-free
- 1 teaspoon honey
- 1/8 teaspoon white pepper

## Nutrition:

1. Calories: 150 calories
2. Carbohydrate: 7 grams
3. Cholesterol: 40 milligrams
4. Fat: 7 grams
5. Fiber: 1 grams
6. Protein: 16 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 750 milligrams
9. Sugar: 2 grams

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