

Chinese Chicken and Broccoli

Yield: 4 min
Total Time: 30 min

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

Ingredients:

- 1 head broccoli cut into florets
- 3 tablespoons vegetable oil
- 6 boneless chicken thighs skinless
- 2 cloves garlic peeled and finely chopped
- 3 spring onions green/, trimmed and sliced
- 1 inch ginger piece of, peeled and chopped
- 2 tablespoons hoisin sauce
- 3 tablespoons light soy sauce extra to taste
- 6 tablespoons honey approximately
- 6 tablespoons hot water

Nutrition:

1. Calories: 680 calories
2. Carbohydrate: 43 grams
3. Cholesterol: 165 milligrams
4. Fat: 39 grams
5. Fiber: 6 grams
6. Protein: 39 grams
7. SaturatedFat: 9 grams
8. Sodium: 1010 milligrams
9. Sugar: 32 grams

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