

Stir Fried Chicken with Mandarin Oranges and Broccoli

Yield: 4 min
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/jamaican-5-spice-powder-recipe>

Ingredients:

- 4 chicken breast halves boneless and skinless, cut into 1-inch cubes, optional
- 1 teaspoon Chinese five spice powder optional
- 2 tablespoons soy sauce optional
- 1 tablespoon rice wine vinegar optional
- 1 can mandarin oranges drained (reserve liquid) (15-ounce can), optional
- 1 tablespoon honey optional
- 1/4 teaspoon red pepper flakes optional
- 1 tablespoon cornstarch optional
- 2 tablespoons vegetable oil optional
- 1 teaspoon toasted sesame oil optional
- 2 teaspoons minced fresh ginger optional
- 2 cups broccoli florets optional
- 1/4 cup sliced scallions divided, optional
- 2 tablespoons chopped cilantro fresh, optional

Nutrition:

1. Calories: 400 calories
2. Carbohydrate: 25 grams
3. Cholesterol: 125 milligrams
4. Fat: 14 grams
5. Fiber: 4 grams
6. Protein: 45 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 700 milligrams
9. Sugar: 17 grams

Thank you for visiting our website. Hope you enjoy Stir Fried Chicken with Mandarin Oranges and Broccoli above. You can see more 20 jamaican 5 spice powder recipe Try these culinary delights! to get more great cooking ideas.