

Teriyaki Chicken Stir Fry

adapted from [Mel's Kitchen Cafe](#)

stir fry:

20 ounce can pineapple chunks, drained (juice reserved)

1 1/2 to 2 pounds boneless skinless chicken breast

1 tablespoon corn starch

salt and pepper to taste

1 tablespoon oil, more as needed

2 cups broccoli florets

1 red pepper, seeded and sliced

1/4 cup reserved pineapple juice

sauce:

1/2 cup reserved pineapple juice

1/3 cup low-sodium soy sauce

1 tablespoon molasses

2 tablespoons brown sugar

1 tablespoon rice vinegar

1 clove garlic finely minced

1 teaspoon minced fresh ginger or 1/4 teaspoon dried ginger

2 teaspoons corn starch

Slice the chicken breast into thin strips. Place the strips in a bowl and toss with corn starch and salt and pepper. Set aside while you prepare the vegetables. Whisk all sauce ingredients together and set aside. Heat oil in a large skillet over medium high heat. Fry the chicken for a few minutes on each side, until cooked through and lightly browned (this should be quick if your chicken is thin). You may need to cook the chicken in two batches to prevent crowding the pan. Remove the cooked chicken to a plate. Add the broccoli, red pepper, pineapple, and pineapple juice to the hot skillet, cover, and let the vegetables steam 2-3 minutes, or until crisp-tender. Remove the cover and add the cooked chicken back to the skillet. Whisk the sauce to combine and then pour over the chicken and vegetables. Stir to combine and bring to a simmer. Simmer 2-3 minutes, or until sauce is thickened. Serve over rice and sprinkle with sesame seeds if desired.