

Chicken & Broccoli Stir-Fry In Soy Sauce

Serves 4

Ingredients

Stir-fry:

2 and 1/4 cups brown rice (or however much you think you'll use)

2 Tbsps olive oil, divided

2 boneless skinless chicken breasts, cut into bite sized pieces

salt and pepper to taste

sauce (see below)

1 large bunch broccoli, chopped into bite sized pieces, stems removed

1/2 cup thinly sliced green onions

Sauce:

3 Tbsps light soy sauce

1 Tbsp red wine vinegar

2 Tbsps honey

1 Tbsp cornstarch

1 garlic clove, minced

1/2 tsp ground ginger

Directions

Heat 1 Tablespoon olive oil in a large fry pan over medium heat. Add chicken breasts and season with salt and pepper to taste. Cook until chicken is browned and cooked through. Put your rice in a pot with some water according to the directions on the package and let cook until all the water has seeped into the rice.

While your rice and chicken is cooking, make your sauce. (See below)

Once the chicken is cooked, add another 1 Tablespoon of olive oil as well as the broccoli, and stir to combine. Continue cooking for a few minutes until broccoli is nearly limp. Stir in soy sauce mixture and cook for another 1 or 2 minutes for the sauce to thicken a bit.

Remove from heat and garnish with green onions. Serve immediately.

For the Sauce:

Whisk all ingredients until combined and no lumps remain.

Adapted from Gimme Some Oven's 12-Minute Chicken and Broccoli