

Maine Arts Camp

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Recipe Name: **Broccoli and Chicken Stir-Fry**

Chef: Charles Limoggio CEC

Preparation Time:

Servings: 4

Portion Size

Yield:

Quantity	Unit	Ingredient Name	Prep Notes
2/3	Cup	Lower sodium soy sauce	
1/4	Cup	Packed brown sugar	
1/2	Teaspoon	Ground ginger	
1	Pinch	Crushed red pepper flakes	Or to taste
2	Tablespoons	cornstarch	
2	Teaspoons	Vegetable oil	Sesame oil can be used if preferred
1	Medium	Onion	Sliced thin
3	Cups	Broccoli florets	
2	Tablespoons	water	
12	ounces	Chicken breasts or tenderloins, boneless/skinless	Cut into chunks or matchstick size

Procedure:

1. Stir soy sauce, brown sugar, ginger, and red pepper flakes together in a bowl to dissolve sugar into the liquid. Mix water and cornstarch together in a small bowl; stir with a whisk until cornstarch dissolves completely.
2. Heat oil in a large skillet over high heat. Fry chicken and onion in hot oil until the chicken is no longer pink in the center and the onion is tender, 5 to 7 minutes. Stir broccoli with the chicken and onion; sauté until the broccoli is hot, about 5 minutes. Push the chicken and vegetables mixture to the side of the skillet.
3. Pour the soy sauce mixture into the vacant part of the skillet. Stir the cornstarch slurry into the soy sauce mixture until the color is consistent. Move the chicken and vegetables back into the center to the pan; sauté until the sauce thickens and coats the chicken and vegetables, about 5 minutes more.

Notes: Serve over rice.