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CHICKEN & BROCCOLI STIR-FRY

6-8 Servings



- 1 Broccoli
- 1 Sweet red pepper
- 2 Green onions
- 1/2 c Chicken stock
- 3 Boneless; skinless chicken breasts
- 2 Tablespoons Soy sauce
- 1 Tablespoons Cornstarch
- 1 Tablespoons Oyster sauce
- 1 teaspoon Sesame oil
- 3 Tablespoons Vegetable oil
- 1/4 teaspoon Chili paste or hot sauce
- 3 Cloves garlic; minced
- 1 Tablespoons Minced ginger
- 1/4 c cashew nuts

Cut broccoli into florets; peel and cut stalks on diagonal into 1/4-inch thick slices.

Seed and cut red pepper into 1-inch squares.

Cut green onions on diagonal into 2-inch pieces.

Cut chicken into 2x1-inch strips.

Set each ingredient aside separately.

Whisk together: 1/4 cup of the chicken stock, soy sauce, cornstarch, oyster sauce, sesame oil and chili paste; set aside.

Heat a wok or deep skillet over high heat until drop of water sprinkled on surface sizzles into steam.

Pour in half of the oil and swirl wok to evenly coat side of pan; heat for 30 seconds. Add half of the chicken breasts, stir-fry by lifting and tossing chicken for 3 to 4 minutes or until no longer pink inside. Remove to plate. Repeat with remaining chicken, adding more oil if necessary. Transfer chicken to plate.

Add remaining oil to wok. Stir-fry garlic and ginger for 10 seconds or until fragrant.

Add broccoli and red pepper; stir-fry for 1 minute.

Add onions; stir-fry for 30 seconds.

Pour in remaining 1/4 cup stock.

Cover and steam for 2 minutes or until broccoli is tender-crisp, stirring once.

Return chicken to wok. Push contents of wok to side of pan.

Pour soy mixture into center of wok; cook, stirring, for 1 to 2 minutes or until thickened.

Stir vegetables and chicken into sauce until glazed and coated.

Sprinkle with cashew nuts. Remove to a serving platter or dish and serve immediately.