

CHICKEN AND BROCCOLI STIR-FRY

Preparation time: 10 minutes

Cook time: 20 minutes

Equipment

- Aprons
- Cooking pans
- Knives
- Cups
- Wooden spoon

Ingredients

- 450g chicken breasts or leftover cooked chicken
- ½ teaspoon salt
- 1 ½ teaspoons oil
- 1 cup broccoli florets or another green vegetable (frozen is as good as fresh)
- 1 cup sliced mushrooms
- 1 cup thinly sliced carrots
- 1 clove of garlic sliced
- ½ cup chicken stock
- 1 teaspoon sugar
- 1 teaspoon flour
- 1 teaspoon soy sauce
- 2 teaspoons oil

Make it

1. Cut chicken breast into small pieces and season with salt on all sides – put to one side.



2. In a large pan over a medium high heat, heat up ½ tablespoon oil. Add in mushrooms, broccoli and carrots and cook for 5 minutes, stirring frequently until vegetables are tender but still crispy.



3. Add in garlic and stir and cook for 2 minutes. Remove vegetables from the pan and put them on to a plate and cover and set aside.



4. Add the remaining oil and cook the chicken pieces, making sure to flip to cook for about 7 minutes to a safe temperature until it has browned on all sides. If you are using left over cooked chicken, make sure it is heated all they way through.



5. In a medium bowl, whisk the chicken stock, sugar, oil and soy sauce.



6. In a small dish mix the flour with 1 tablespoon of water.



7. Add the vegetables back into the pan and cook for 2 more minutes.



8. Pour sauce mixture over the chicken and vegetables and stir together and bring to a boil. Cook for an another minute for sauce to thicken, turn off the heat.



9. Serve chicken and broccoli stir fry along with some cooked rice.

