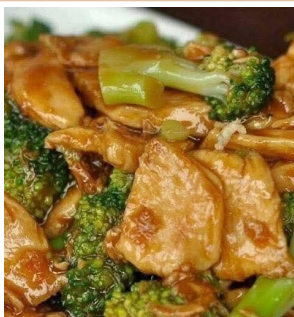


Easy and Healthy Chicken and Broccoli Stir-Fry

Some meals are just the perfect combination of healthy, delicious, and fast. This



TIME
30 min

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INGREDIENTS

- 1 pound boneless, skinless chicken breast, cut into 1-inch pieces
- 2 cloves garlic, finely chopped
- 2 teaspoons finely chopped ginger
- 1 cup chicken broth, divided
- 3 tablespoons soy sauce
- 2 teaspoons sugar
- 2 cups broccoli florets
- 2 teaspoons cornstarch
- 1 tablespoon oil for cooking (or cooking spray)
- Salt and black pepper to taste

DIRECTIONS

- 1.** Prep the : Chicken and Aromatics: Cut the chicken breast into bite-sized pieces and season it with salt and pepper. Prepare the garlic and ginger.
- 2.** Cook the : Chicken: Heat the oil in a large non-stick skillet or a wok over medium-high heat. Add the chicken, garlic, and ginger and stir-fry for 2-3 minutes, or until the chicken is browned on all sides.
- 3.** Add the : Sauce: Add 3/4 cup of the chicken broth, the soy sauce, and the sugar to the skillet. Stir everything together to combine. Cover the skillet and cook over medium heat for 5 minutes, stirring twice, to allow the flavors to meld.
- 4.** Add the : Broccoli: Add the broccoli florets to the skillet. Cover and cook for another 5 minutes, stirring occasionally, until the chicken is cooked through and the broccoli is crisp-tender.
- 5.** Thicken the : Sauce: In a small bowl, whisk together the cornstarch with the remaining 1/4 cup of chicken broth. Stir this mixture into the skillet. Cook, stirring frequently, for 1-2 minutes, or until the sauce has thickened.
- 6.** Serve: Serve the chicken and broccoli stir-fry hot, over a bed of rice or noodles.

SWAPS & NOTES

Chicken: You can use boneless, skinless chicken thighs for a juicier result.

You can also swap the chicken for shrimp, beef, or tofu.

Vegetables: Feel free to add other vegetables to this stir-fry.

Sliced carrots, bell peppers, or snow peas would all be a great addition.

TIPS FOR SUCCESS

High Heat: Stir-frying requires high heat.

Make sure your skillet is hot before you add the chicken.

Prep Your Ingredients: Have all of your ingredients prepped and ready to go before you start cooking.

Stir-frying is a fast process, and you don't want to be scrambling to chop vegetables while things are cooking.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/easy-and-healthy-chicken-and-broccoli-stir-fry/>