

Chinese

Sesame Chicken and Broccoli Stir Fry



NOURISH
BY STANFORD CARE

35 MINUTES | SERVES 4



What is a good way to reduce sugar and salt and still have a flavorful meal? One simple way is by adding in other ingredients that can enhance the taste and smell of the dish such as garlic, sesame oil, ginger, green onion, chili flakes, and Sriracha.

INGREDIENTS

1½ tbsp olive oil

5 cups chopped broccoli

1½ tsp toasted sesame seeds

2 tbsp low sodium soy sauce

1 tbsp rice wine vinegar

1 tbsp sugar

1 tbsp (about 1 inch)
ginger root

1 tbsp minced garlic

1 tsp sesame oil

½ tsp cornstarch

2.7 cups brown rice
(for side)

1 lb chicken breast

Optional: 1 green onion,
Sriracha to taste

INSTRUCTIONS

1. In a small bowl, whisk together soy sauce, rice wine vinegar, sugar, ginger, garlic, sesame oil, cornstarch, and sriracha (if using). Set aside.
2. Heat olive oil in a large skillet over medium-high heat. Add chicken and cook, stirring occasionally until light pink, about 3-5 minutes. Set aside on a plate to avoid overcooking.
3. Add broccoli, and cook, stirring frequently, until tender, about 2-3 minutes. Add chicken back into the skillet.
4. Stir in soy sauce mixture until well combined and slightly thickened, about 1-2 minutes.
5. Serve with 2/3 cup of brown rice per dish, garnish with sesame seeds and green onion, if desired. Enjoy!

This recipe is kitchen-tested by Chef Irfan Dama and nutritionally approved by Stanford CARE registered dietitian, Lily Phan.



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