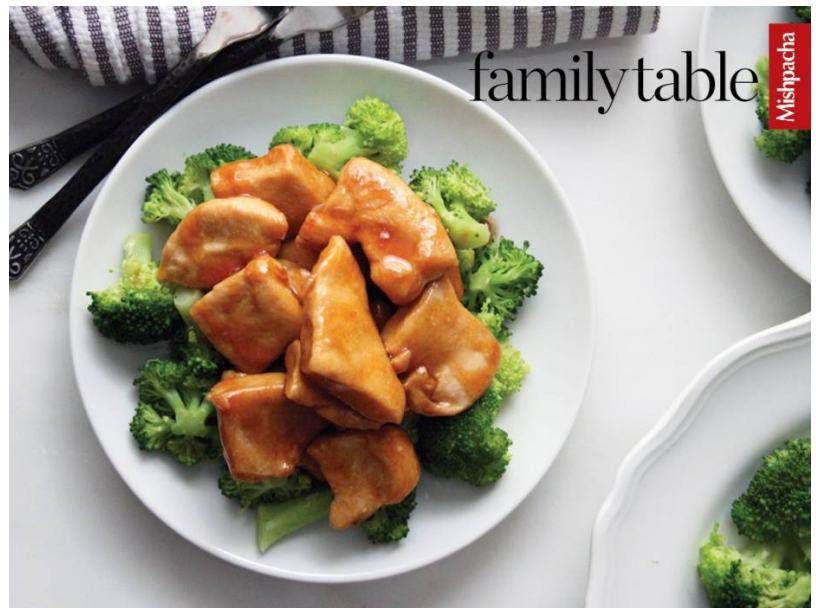


Chicken & Broccoli Stir Fry

Recipe By *Nina Safar*



Cooking and Prep:  30
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Serves:  6

Contains:  

Preference: Meat

Difficulty: Easy

Occasion: Shabbat

Diet: Low Fat, Low Carb

Source: Family Table by

Mishpacha Magazine

I love the flavor combination of honey and soy sauce; the perfect balance between sweet and salty.

Ingredients (7)

Main ingredients

- 1 pound (450 grams) boneless-skinless chicken breasts cut into 1-inch (2.5-cm) pieces
- 1 tablespoon oil
- 1 head of broccoli, cleaned and cut into 1-inch (2.5-cm) pieces
- 1/4 cup **Gefen Honey**
- 1/4 cup **Gefen Soy Sauce**

1 tablespoon Gefen Cornstarch

1/4 cup water

Start Cooking

For the Stir Fry

1. Heat oil in a large pan.
2. Cook chicken pieces until no longer pink and cooked through. Add broccoli to the pan and mix until lightly cooked but still bright green and crisp.
3. Combine honey, soy sauce, cornstarch, and water, then slowly pour sauce over chicken and broccoli and stir until sauce has thickened.

Variation:

Add in crushed garlic and grated fresh ginger to the sauce for enhanced flavor. You can swap broccoli for sliced mushrooms, asparagus, or your favorite vegetable. Serve with chopped scallions or sesame seeds. If you enjoy a sweeter sauce, cut the soy sauce in half.

Credits

Photography: Hudi Greenberger

Styling: Renee Muller