

# Broccoli & Chicken Stir-Fry

Serves 1 | Active Time: 30 minutes | Total Time: 30 minutes

*Swick*

## Chef's Notes

Any veggies can be added to this stir fry. Bell peppers, bok choy, celery, carrots or onions all go well. Stir fries should not be soupy, nor should the vegetables be really soft.

The broccoli can be par-cooked to shorten the cooking time.

Cashews are also a nice alternative to almonds.

For more seasoning, add additional sambal oelek and soy to each serving, if desired.

## Preparing the Chicken

To prepare the chicken, slice it into bite-size pieces and place into a bowl.

Mix the cornstarch, soy sauce, sherry and oil. Pour over the chicken and stir to evenly coat. Set it aside, while you make the sauce.

## Step 1: Preparing the Chicken

- 1 lb chicken breasts
- 1 tbsp cornstarch
- 1 tsp soy sauce
- 1 tsp medium-dry sherry
- 1 tbsp vegetable oil

## Making the Sauce

To make the sauce, simply combine the sambal, oyster sauce, soy sauce and sherry. Set this aside, while you prepare the rest of your mise en place.

## Step 2: Making the Sauce

- 1 tsp sambal oelek
- 1 1/2 to 2 tbsp oyster sauce
- 3 tbsp soy sauce
- 3 tbsp medium-dry sherry

## Preparing Your Mise en Place

To prepare the rest of your mise en place, smash a clove of garlic and gather the slice of ginger.

Peel the bottom stem of the broccoli and remove the florets. Cut the florets into large, even-sized pieces. Cut the stems a bit thinner, as these take more time to cook.

Next, slice the green onions on a slight bias and set aside. You can either leave the almonds whole or roughly chop them.

### Step 3: Preparing Your Mise en Place

- 1 garlic clove
- 1 slice of ginger (about 1/4" -inch)
- 3 cups broccoli
- 2 green onions
- 1/3 cup almonds

### Stir-Frying the Dish

To cook the stir-fry, heat a wok or large fry pan over high heat. Once hot, add the oil, followed by the ginger and garlic. Let it cook for just a few seconds before discarding. The ginger and garlic are used to infuse the oil.

Place half of the chicken into the wok and separate any pieces that are stuck together. Let it sit for a bit before tossing. Stir-fry the chicken until golden and just cooked through. Once done, remove the chicken and set aside, while you cook the other batch.

Once the second batch is done, add a touch more oil, if needed, followed by the broccoli. Let the broccoli partially cook for about a minute. Then add the sauce and toss to coat. If the broccoli is still quite hard and the sauce seems too thick, you can add a touch of water to thin it out. Once the broccoli has started to soften, but is still green with a slight crunch, add the chicken, followed by the almonds. Lastly, add the green onions and toss. Once everything has heated through, serve immediately and enjoy.

### Step 4: Stir-Frying the Dish

- 1 to 2 tbsp vegetable oil