Oriental Chicken Recipes

Serves 4 | Difficulty: Easy | Prep: 15 min | Cook: 20 min



INGREDIENTS

- 1 1/2 lb (680 g) boneless skinless chicken breast
- 1 tbsp (15 ml) olive oil
- 1/2 tsp (3 g) fine salt
- 1/4 tsp (0.5 g) black pepper
- 2 cups (180 g) broccoli
- 1 carrot (100 g), sliced
- 2 garlic cloves, minced
- 1 tbsp (6 g) grated ginger
- 3 tbsp (45 ml) alcohol-free soy-style seasoning
- 1/2 cup (120 ml) water
- 1 tbsp (8 g) cornstarch
- 1 tsp (5 ml) sesame oil

METHOD

1. Slice chicken thinly and season.

2. Stir-fry in olive oil over medium-high heat 5-7 minutes.

3. Add broccoli, carrot, garlic and ginger; stir-fry 4 minutes.

4. Mix water, soy-style seasoning and starch; add to pan.

5. Simmer 3-5 minutes until vegetables are tender, sauce thickens and chicken reaches 165°F (74°C).

6. Finish with sesame oil.

Doneness: Cook chicken to 165°F (74°C), checked in the thickest pieces with a food thermometer. **Storage:** Refrigerate in shallow covered containers within 2 hours; use within 3-4 days. Reheat cooked chicken and cooked sides to 165°F (74°C). Use an oven for breaded chicken; warm sauces gently. Add fresh toppings after reheating.

Recipe prepared for home cooking. Use clean utensils and avoid cross-contamination between raw chicken and ready-to-eat foods.