

Sweet and Spicy Stir Fry with Chicken and Broccoli allrecipes.com



Rated: ★★★★★

Submitted By: amanda1432

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Prep Time: 10
Minutes

Cook Time: 20
Minutes

Ready In: 30
Minutes

Servings: 4

"Garlic, crushed red pepper, and chili paste add heat; hoisin sauce and ginger sweeten the deal. Great served over jasmine rice!"

INGREDIENTS:

- | | |
|---|-----------------------------------|
| 3 cups broccoli florets | 1 tablespoon low sodium soy sauce |
| 1 tablespoon olive oil | 1/2 teaspoon ground ginger |
| 2 skinless, boneless chicken breast halves - cut into 1 inch strips | 1/4 teaspoon crushed red pepper |
| 1/4 cup sliced green onions | 1/2 teaspoon salt |
| 4 cloves garlic, thinly sliced | 1/2 teaspoon black pepper |
| 1 tablespoon hoisin sauce | 4 cloves garlic, thinly sliced |
| 1 tablespoon chile paste | 1/8 cup chicken stock |

DIRECTIONS:

- Place broccoli in a steamer over 1 inch of boiling water, and cover. Cook until tender but still firm, about 5 minutes.
- Heat the oil in a skillet over medium heat, and saute the chicken, green onions, and garlic until the chicken is no longer pink and juices run clear.
- Stir the hoisin sauce, chile paste, and soy sauce into the skillet. Season with ginger, red pepper, salt, and black pepper. Stir in the chicken stock and simmer about 2 minutes. Mix in the steamed broccoli until coated with the sauce mixture.

Nutrition Information

Servings Per Recipe: 4
Calories: 160

Amount Per Serving

Total Fat: 6.2g

Cholesterol: 36mg

Sodium: 577mg

Amount Per Serving

Total Carbs: 11.9g

Dietary Fiber: 2.4g

Protein: 16.1g

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Country Apple Dumplings

★★★★★

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