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Broccoli and Chicken Stir Fry

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ABSTRACT

A simple broccoli and chicken stir fry to create as college students with limited cooking experience and ingredients

OPEN  ACCESS



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Protocol status: In development
We are still developing and optimizing this protocol

Created: Jul 31, 2023

Prepping Stage

1

Note

Make sure your chicken is defrosted! If not, try manually defrosting it with warm water in a plastic bag or its original packaging

In this step, you will have to gather your ingredients:

- 2 heads of broccoli
- 3 defrosted chicken breasts
- 2/3 cup of soy sauce
- 1/3 cup of oyster sauce
- honey (as much as desired)
- 2 tablespoons water
- 2 tablespoons cornstarch
- 2 teaspoons vegetable oil

2 Chop the heads of the broccoli into florets and wash thoroughly


3 Cut the chicken breasts into 1-inch-sized cubes

4 Stir soy sauce and oyster sauce together in a bowl. Mix in as much honey as desired (all portion sizes for the sauce are modifiable to suit personal taste)

5 Mix water and cornstarch together in a small bowl and stir until the cornstarch dissolves completely.

Cooking Stage


18m

- 6 Heat the vegetable oil in a large skillet over high heat for  00:01:00


1m

Safety information


Make sure your hands are not wet to avoid getting the oil to react with stray droplets of water

- 7 Fry chicken in hot oil until chicken is no longer pink in the center, for  00:05:00

5m


- 7.1 If the chicken is not ready yet, fry it for another  00:02:00

2m

- 8 Stir in broccoli with chicken and sauté until broccoli is hot, for  00:05:00 .

5m

- 9 Push the chicken and vegetable mixture to the side of the skillet. Pour the soy sauce mixture into the vacant part of the skillet. Stir cornstarch slurry into the soy sauce mixture until the color is consistent.

- 10 Move chicken and vegetables back into the center of the pan; sauté until sauce thickens and coats chicken and vegetables, for  00:05:00 .

5m

- 11 Move your broccoli and chicken stir-fry onto a plate and serve.

Expected result



The recipe as made with modifications to this website's recipe

<https://www.allrecipes.com/recipe/240708/broccoli-and-chicken-stir-fry/>