



Quick Chicken Stir Fry

2.0

BY EVERYDAY EATLOVE

🕒 5 MINS | 🍴 1 SERVINGS

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INGREDIENTS

- 1/4 cup onion chopped
- 1 1/2 cups broccoli cut into florets
- 1 tablespoon hoisin sauce
- 2 teaspoons water
- 1 cup rotisserie chicken chopped

NUTRITION INFORMATION PER SERVING

Calories 354kcal	Sodium 624mg
Carbs 20g	Fiber 4.56g
Protein 43g	Added Sugar 4.36g
Total Fat 13g	Fruits 0 servings
Saturated Fat 3.12g	Vegetables 1.86 servings

Method

1. Heat a wok on high heat.
2. Add onion, broccoli, hoisin sauce, and water and cook 3-4 minutes until vegetables are tender.
3. Add chicken, stir, and cook an additional 2 minutes.
4. *you can use Stir fry sauce instead of hoisin sauce*

