



12 Minute Chicken and Broccoli

STIR-FRY INGREDIENTS:

2 tablespoons sesame oil
2 boneless skinless chicken breasts, cut into bite-sized pieces (I prefer thighs for juicier meat)
salt and pepper
sauce (see below)
1 bunch broccoli, chopped into small florets
1 bunch of Shitake mushrooms, or other
1/2 cup thinly sliced green onions
1 teaspoon toasted sesame seeds

SAUCE INGREDIENTS:

1/2 cup Mirin (Eden Organic brand or other without fructose)
1/2 gluten free Tamari
1 clove minced garlic
1 teaspoon minced garlic
1 teaspoon toasted sesame oil

DIRECTIONS:

TO MAKE THE STIR-FRY:

1. Heat 1 tablespoon oil in a large sauté pan over medium-high heat. Add chicken, and season with a generous pinch of salt and pepper. Cook for about 5 minutes, stirring occasionally, until the chicken is browned and mostly cooked through.
2. While the chicken is cooking, make your sauce.
3. Once the chicken is browned, add the remaining oil and add broccoli, mushrooms and stir to combine. Continue cooking for an additional 3 minutes, until the broccoli is bright green. Stir in the soy sauce mixture, and cook for an additional 1 minute until the sauce has thickened.
4. Remove from heat and serve immediately, garnished with green onions and toasted sesame seeds.

Serving suggestion: Brown rice-1 1/2 cups rice cooked with 1 garlic clove and 3 cups vegetable broth, about 45 minutes.