

YIELD: 4 SERVINGS

Honey Sriracha Ground

Chicken and Broccoli

One pan sweet and spicy ground chicken with pan roasted broccoli.



PREP TIME	COOK TIME	TOTAL TIME
5 minutes	15 minutes	20 minutes

Ingredients

- 1 Tbsp (16g) Olive Oil, divided
- 12 oz Broccoli Florets, cut into bite-size pieces
- 1 lb Ground Chicken (97/3)
- 1/4 C (60g) Sweet Chili Sauce
- 2 Tbsp (42g) Honey
- 2-3 Tbsp (30-45g) Sriracha, to spice preference
- 2 Tbsp (30g) Soy Sauce
- 1 Tbsp (16g) Toasted Sesame Oil
- 1 tsp Garlic Powder
- 1 tsp Ground Ginger
- Sesame Seeds and Green Onion, for garnish

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Instructions

1. Heat 1/2 Tbsp of olive oil in a large skillet over medium-high heat. Add the broccoli and leave untouched for 1-2 minutes to develop some browning on one side. Stir and continue cooking until the broccoli is a dark green, about 3-4 minutes longer. Transfer to a plate and set aside.
2. Add the remaining olive oil to the skillet and brown both sides of the ground chicken before mincing and fully cooking.
3. While the chicken cooks, mix the remaining sauce ingredients together. Add the sauce to the fully cooked chicken and cook until thick. Be careful not to burn.
4. Once the sauce is thick, add the broccoli back to the skillet and stir everything together. Garnish with sesame seeds and green onion before serving.

Notes

Each serving has 5 WW SmartPoints (blue).

Nutrition Information: YIELD: 4 SERVING SIZE: 6 oz

Amount Per Serving: CALORIES: 260 TOTAL FAT: 11g CARBOHYDRATES: 18g

PROTEIN: 30g



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