

Freezer Bag Chicken and Broccoli Stir-Fry

Ingredients

1/2 cup orange juice

1/2 cup low-sodium soy sauce

1/4 cup honey

1 tablespoon cornstarch

1 tablespoon toasted sesame oil

One 2-inch piece peeled fresh ginger, grated

Kosher salt and freshly ground black pepper

6 cups small broccoli florets

1 1/4 pounds boneless, skinless chicken breasts, cut into 1/2-inch pieces

Cooked white rice, chopped scallions and toasted sesame seeds, for serving



Directions

Whisk together the orange juice, soy sauce, honey, cornstarch, sesame oil, ginger, 1 teaspoon salt and several grinds black pepper in a large microwave-safe bowl. Add the broccoli and toss to coat. Cover with plastic wrap and microwave until the broccoli is crisp-tender and still bright green, about 4 minutes. Remove the plastic wrap and let cool completely.

Transfer the broccoli with the marinade to a large resealable plastic bag and add the chicken. Squeeze out most of the air and seal, then toss gently to coat the chicken with the marinade. Freeze until ready to use. Thaw in the refrigerator for at least 24 hours before cooking.

Pour the chicken, broccoli and marinade into a large skillet and heat over high heat. Cook, stirring often, until the chicken is cooked through, about 12 minutes. Season with salt and pepper.

Divide the chicken and broccoli among 4 plates. Serve with rice and garnish with scallions and sesame seeds.

Yield: 4 servings