

Honey Garlic Chicken Stir Fry

Western High School – Jefferson County, KY

Western Culinary Arts



Ingredients:

2 tbsp. vegetable oil

1 cup fine julienne

3 cup **broccoli florets**

1 **red bell pepper** seeded, pith removed and julienned

1 **red onion** julienned

2 **garlic cloves** finely minced

2 tsp. **ginger** minced

1 cup brown rice

4 cups of water

24 oz. raw boneless **chicken breast** (sliced) (1 ½ lbs.)

½ cup low sodium chicken broth

2 tsp. **honey**

¼ cup light soy

2 tsp. sesame oil

2 tsp. corn starch

Garnish with chopped cilantro, sliced green onion and sesame seeds.

Directions:

Rinse brown rice.

Combine water and rice in pot. Bring to boil, reduce heat to low and cover.

Heat 1 tbsp. of oil in a large pan over medium heat.

Add the broccoli and cook for approximately 4 minutes, and add all other for 2 minutes or until vegetables are tender.

Remove the vegetables from the pan; place them on a plate and cover.

Wipe the pan clean with a paper towel and turn the heat to high.

Add the remaining tbsp. of oil.

Season the chicken pieces with salt and pepper and add them to the pan in a single layer- you may need to do this step in batches. Cook for 1-3 minutes on each side until golden brown and cooked through.

Add garlic and ginger to the pan and cook for 30 seconds.

Add the vegetables back to the pan and cook for 2 more minutes or until the vegetables are warmed through.

In a bowl, whisk together the chicken broth, honey, and soy sauce.

In a small bowl, mix the cornstarch with a tbsp. of cold water.

Pour the soy sauce mixture over the chicken and vegetables and cook for 30 seconds.

Add the cornstarch and bring to a boil; cook for 1 more minute or until sauce has just started to thicken.

Serve immediately with brown rice.

Add sesame seeds green onion and cilantro for garnish.