

Broccoli, Mushroom & Chicken Stir-Fry

Asian

A healthy, Asian-inspired stir-fry using ginger, garlic, and simple techniques.

Ingredients:

Protein:

- * 1 lb Boneless skinless chicken thighs (cut into bite-siz...)

Vegetables:

- * 3 cups Broccoli florets
- * 8 oz Mushrooms (sliced)

Aromatics & Seasoning:

- * 3 Garlic cloves (minced)
- * 1 tbsp Fresh ginger (minced)
- * 1 1/2 tbsp Low-sodium soy sauce
- * 2 tsp Rice vinegar or lime juice (to finish)

Fat:

- * 2 tsp Neutral cooking oil (avocado or canola...)
- * Kosher salt (to taste)
- * Black pepper (to taste)
- * Red pepper flakes (optional)



Instructions:

1. Lightly salt chicken and rest 15–30 minutes. Pat dry before cooking.
2. Heat a large pan over medium-high heat and add 1 teaspoon oil.
3. Add broccoli and mushrooms in one layer. Lightly salt and do not move for 2–3 minutes.
4. Stir once and cook until just tender with browning. Remove vegetables.
5. Lower heat to medium. Add remaining oil and chicken in one layer.
6. Cook until chicken releases, flip once, and cook to about 160°F.
7. Remove chicken and rest briefly.
8. Lower heat slightly. Add garlic and ginger; cook 20–30 seconds.
9. Add soy sauce, return chicken and vegetables, and toss to coat.
10. Finish with vinegar or lime juice. Taste and adjust.

Servings: 2 | Serving size: 1 bowl | Calories: 420 | Protein: 37g