

# Chicken and Broccoli

## Ingredients

- 1 ½ pounds of boneless chicken sliced thin
- 4 cups broccoli florets
- ½ cup carrot sticks

### Marinade for the Chicken

- 2 tablespoons reduced-sodium soy sauce (or tamari for gluten free)
- 1 tablespoon water
- 1/2 teaspoon baking soda
- 2 teaspoons cornstarch

### Sauce:

- 2 tablespoons Sesame Oil
- 1/4 cup reduced-sodium soy sauce (or tamari for gluten free)
- 3 tablespoons honey
- 4 cloves garlic, minced
- 2 tablespoons flour (or 1 tablespoon cornstarch for gluten free)
- 1 tablespoon rice vinegar or apple cider vinegar
- 2-3 tablespoons water

### Instructions

1. Whisk the marinade ingredients together in a small bowl. Pour over sliced chicken and let marinate until ready to cook.
2. Steam broccoli in a large, microwave safe container for 3 minutes.
3. Whisk the sauce ingredients together in a second bowl.
4. Heat a large, non-stick skillet to medium-high (add 2 tablespoons of sesame oil)
5. Sauté chicken until golden brown, stirring frequently, about 5-6 minutes.
6. Add the sauce, steamed broccoli, and carrots. Stir to evenly coat the ingredients with sauce and cook until sauce has thickened – about 2-3 minutes.

\*\*I added rice noodles to my dish. Would be great with white rice as well\*\*