

Chicken and Broccoli Stir Fry

I love chicken! Yes, I'm guilty! As you all know, I always try to come up with new recipes to enjoy my chicken, and this fried chicken and broccoli blew my mind yesterday, so I want to share it with you guys.

You'll Need:

1 pound of boneless skinless chicken breast cut into 1 inch pieces.
2 cloves of finely chopped garlic.
2 tsps of finely chopped ginger.
1 cup of chicken broth.
3 tbsps of soy sauce.
2 tsps of sugar.
2 cups of broccoli flowerets.
2 tsps of cornstarch.

How to:

Over medium high heat, heat a sprayed 12 inch nonstick skillet with cooking spray and add in the chicken, garlic and ginger fry until brown for 2 to 3 minutes.

Add $\frac{3}{4}$ cup of broth, soy sauce and sugar and cook covered for 5 minutes stirring halfway.

Add in broccoli and cook covered for an additional 5 minutes. Stir occasionally.

In a small bowl, mix together the $\frac{1}{4}$ cup of broth with the cornstarch and pour in the skillet.

Cook while stirring to thicken the sauce.

Easy, peasy and delicious! Fried broccoli adds an amazing flavor to my chicken, it's so delicious guys, I'm telling you! I had this with a warm vegetable salad it was just perfect.