

Chicken stir-fry with broccoli

Total time **22 mins** 10 mins preparation time 12 mins cooking time

Nutritional facts (per portion):
1,465 kJ / 350 kcal

Fat: **18 g** Protein: **31 g**
Carbohydrates: **12 g**

INGREDIENTS

2 portion(s)

30 ml	vegetable oil
300 g	chicken breast, sliced into strips
2	garlic cloves, finely chopped
150 g	broccoli florets
80 ml	water
100 g	red pepper, sliced into strips
30 ml	<u>Kikkoman Naturally Brewed Tamari Gluten free Soy Sauce</u>
30 ml	lemon juice
30 g	cold butter
Garnish:	
20 g	toasted almond flakes

PREPARATION

Step 1

15 ml vegetable oil - **300 g** chicken breast, sliced into strips

Heat a wok, add the oil and stir-fry the chicken for 3-4 minutes until golden. Remove and set aside.

Step 2

15 ml vegetable oil - **2** garlic cloves, finely chopped - **150 g** broccoli florets - **80 ml** water - **100 g** red pepper, sliced into strips

Add the oil to the same wok, sauté the garlic and broccoli for 1-2 minutes. Add the water and let it evaporate over medium heat until the broccoli softens. Add the pepper and cook for another 2-3 minutes.

Step 3

30 ml Kikkoman Naturally Brewed Tamari Gluten free Soy Sauce - **30 ml** lemon juice - **30 g** cold butter - **20 g** toasted almond flakes

Return the chicken to the wok, add the Kikkoman Gluten free Soy Sauce and lemon juice. Stir well and heat for 1-2 minutes. Remove from the heat, add the cold butter and stir until melted and the sauce emulsifies. Top with the toasted almond flakes.