

# Chicken stir-fry with broccoli

Total time **22 mins** Preparation time **10 mins** Cooking time **12 mins**

Nutritional facts (per portion):

**1,465 kJ / 350 kcal**

Fat: **18 g** Protein: **31 g**

Carbohydrates: **12 g**

## INGREDIENTS

**2 portion(s)**

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