



# HONEY GARLIC BROCCOLINI CHICKEN

**PREP TIME:** 20 MINUTES **COOK TIME:** 20 MINUTES **TOTAL TIME:** 40 MINUTES

## Ingredients

- 2 boneless skinless chicken breast cut into 1-inch cubes (Can substitute with firm tofu)
- ¼ cup flour of choice
- 2 tbsp cornstarch
- 2 tbsp olive oil
- 1 tbsp unsalted butter
- 4 cloves garlic, finely minced
- 1 tsp ginger, finely chopped
- ¼ cup honey
- ¼ cup chicken broth
- 1 tbsp of soy sauce
- 1 tbsp hoisin sauce
- 1 tsp lemon juice
- 2 cups broccolini, washed & chopped
- 1 cup mushrooms or vegetables of choice, washed & chopped
- Noodles, rice or cauliflower rice (optional)
- Chopped fresh herbs (chives, green onion, parsley etc.) &/or sesame seeds for garnish
- Sea salt & black pepper, to taste





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## Directions

1. Cut chicken into 1-inch cubes & toss them in the flour/cornstarch mixture so that each piece is coated
2. In a large skillet, heat the olive oil & melt the butter over medium heat. Add the chicken pieces & cook for about 5-7 minutes until browned & cooked through
3. Steam broccolini for a few minutes until it's bright green & when a fork can easily enter. Try not to overcook
4. Add vegetables of choice into the skillet (broccolini & mushrooms are favourites here)
5. In a small bowl combine the garlic, honey, ginger, chicken broth, lemon, soy sauce, hoisin sauce, salt, pepper & whisk
6. Pour the honey garlic sauce over the skillet, toss everything together & continue cooking for a couple more minutes
7. Boil rice, cauliflower rice or noodles of choice following the instructions on the package (optional)
8. Toss all together, garnish & serve
9. Enjoy!

