CHINESE · DINNER · LUNCH

Chicken and Broccoli Stir-Fry

25 min · Serves 2 · 277 kcal a serve · Video 8:40 · ChineseHealthyCook

No dairy listed · No nuts listed

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Lean chicken breast and a big portion of broccoli: one serve gives more than 25 g of protein, fibre and more than a day's vitamin C, with the vegetables steamed in the pan instead of fried.

Diet notes: Low carb (9.9 g net carbs) but not keto: 41% of the energy is from fat, and keto meals get about 60% or more; Low saturated fat (1.6 g, 5% of the energy); DASH-friendly (550 mg sodium a serve); Paleo with a swap: arrowroot or tapioca starch instead of the potato starch, coconut aminos instead of the oyster sauce, olive, avocado or coconut oil instead of the canola oil; Gluten-free with a swap: Use a gluten-free oyster sauce or tamari.

Ingredients 13 · SERVES 2

- [ ] 1 **chicken breast**, trimmed and thinly sliced
- [ ] a little **salt**
- [ ] a pinch of **white pepper**
- [ ] a splash of **water**, for the marinade
- [ ] 1½ tsp **potato starch** (½ tsp for the marinade, 1 tsp for the sauce)
- [ ] about 1 tbsp **canola oil** for stir-frying, plus a little for the marinade
- [ ] 1 tbsp **oyster sauce** (or soy sauce)
- [ ] 60 ml **water**, for the sauce
- [ ] a little **water** to steam the vegetables
- [ ] 225 g **broccoli**, cut into florets
- [ ] ½ **carrot**, sliced
- [ ] 3 cloves **garlic**, minced
- [ ] a drizzle of **sesame oil** (optional)

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Gluten, Molluscs, Sesame, Soy. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Slice the chicken thinly. Season with a little salt and white pepper, mix in a splash of water, then ½ tsp potato starch and a little oil. Leave 5–10 minutes. 1:04
2. Mix the oyster sauce, 1 tsp potato starch and 60 ml water into a slurry. 3:10
3. Heat a pan over high heat, add the oil and stir-fry the chicken for a few minutes until no pink remains. Set it aside. 3:35
4. Add a little water to the pan and bring it to a boil. Add the broccoli, carrot, a pinch of salt and the garlic, cover and steam 1½–2 minutes, depending on how crunchy you like it. 4:50
5. Return the chicken, turn the heat to medium, stir in the slurry until glossy, and finish with a drizzle of sesame oil if you like. 5:43

> **Tip** Serves 2 with rice (our estimate). Thinly sliced chicken thigh, prawns or tofu can stand in for the breast. Add more water to the slurry if you like extra sauce.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 2 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
277 kcal	27 g	14 g	3.6 g	13 g	550 mg
1,160 kJ	54% of a day	9.9 g net · 2.8 g sugars	13% of a day	1.6 g saturated	24% of a day
		5% of a day		17% of a day	

Energy from net carbs 15% · protein 41% · fat 44% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Vitamin C 115% · Vitamin K 104% · Omega-3 55% · Selenium 45% · Vitamin B6 43% · Vitamin A 21% · Folate 20%

Source of (10–19%) Vitamin E 19% · Potassium 13% · Magnesium 12% · Zinc 12% · Vitamin B12 12% · Iron 10%

Recipe and video: ChineseHealthyCook (@ChineseHealthyCook) on YouTube — youtube.com/watch?v=Owu2D-VTd6o, published 6 November 2020. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/chicken-and-broccoli-stir-fry-ling