

Lemon Chicken Stir Fry

Cooking Instructions

1. Cook brown rice according to package or use a rice cooker or instant rice.
2. Squeeze juice from 1 lemon to equal ½ cup juice into a saucepan. Add honey, soy sauce, vegetable broth, pepper flakes, minced garlic, and grated ginger. Simmer over medium heat.
3. Add 1 tablespoon olive oil to pan. Chop onion and bell pepper and sauté 2-3 minutes while preparing chicken.
4. Cut chicken breasts into cubes. Add to pan with onion and bell pepper. Season with salt and pepper. Turn every 2-3 minutes to cook all sides until chicken pieces are cooked through. Create a cornstarch slurry by adding a small amount of water to cornstarch in a small bowl until incorporated. Slowly whisk into lemon sauce and let cook until thickened. Repeat cornstarch slurry if sauce doesn't thicken in 10 minutes.
5. Chop up broccoli and add to cooked chicken and stir fry broccoli until tender. Add lemon sauce to chicken and vegetables and stir to combine. Serve over brown rice. Slice any remaining lemon and top with lemon slices. Serves 2-4.

Recipe

- 1 tablespoons olive oil
- 1 medium onion
- 3 garlic cloves minced
- 2 teaspoons fresh grated ginger
- 2 bell peppers
- 1 crown of broccoli
- 2 large chicken breasts
- 2 lemons
- 1 cup vegetable broth
- 3 tablespoons Soy sauce
- ¼ cup Honey
- Pepper flakes
- Salt
- Pepper
- 2-3 cups brown rice
- 1-2 teaspoons cornstarch
- Optional Toppings – cilantro, green onions, sesame seeds

Grocery List – Add optional ingredients as desired

Produce

- 1 onion
- 2 bell pepper
- 2 lemons
- 1 broccoli crown
- fresh ginger
- garlic

Meat

- 2 chicken breasts

Canned Goods

- 1 can vegetable broth
- brown rice

Pantry

- salt
- pepper
- olive oil
- soy sauce
- honey
- cornstarch
- pepper flakes