

OYSTER SAUCE CHICKEN AND BROCCOLI

INGREDIENTS

- 2 pounds **broccoli**
- 1 small **round onion**
- 2 cloves **garlic**
- 1 (2 inch) piece **ginger**
- 1 tablespoon **vegetable oil**
- 2 ½ pounds **skinless boneless chicken thighs**
- 3 tablespoons **oyster sauce**
- 3 tablespoons **water**
- 1 teaspoon **salt**
- ½ teaspoon **black pepper**

Thickening:

- 2 tablespoons **cornstarch**
- ¼ cup **water**

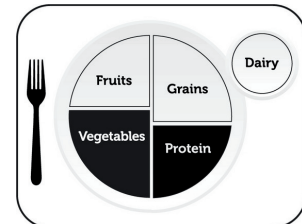
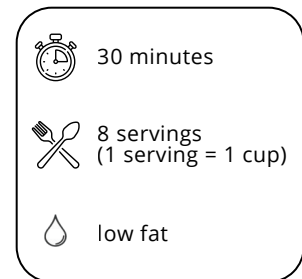
DIRECTIONS

Always practice food safety when cooking.

- 1) Chop broccoli into bite-sized pieces. Set aside.
- 2) Cut onion into ¼ inch slices. Set aside.
- 3) Mince garlic. Set aside.
- 4) Cut ginger into ¼ inch slices. Set aside.
- 5) Mix oyster sauce and 3 tablespoons water in a small bowl. Set aside.
- 6) Cut chicken into bite-size pieces.
- 7) Add oil in a large pot on medium high heat. Sauté chicken for 5 minutes or until golden brown.
- 8) Add garlic and ginger.
- 9) Add broccoli, onion, oyster sauce mixture, salt, and black pepper. Stir.
- 10) Lower heat to medium. Cover and simmer for about 5 minutes or until broccoli stems are tender.
- 11) In a small bowl, mix thickening ingredients and add to pot.
- 12) Stir for 1 or 2 minutes until gravy is thickened.

NOTES

- Chicken breasts can be used in place of chicken thighs for a leaner version.
- Ground chicken or turkey could also be used in place of chicken thighs.
- Frozen broccoli may be used in place of fresh.



Nutrition Facts	
8 servings per container	
Serving size	1 cup (302g)
Amount per serving	
Calories	350
% Daily Value*	
Total Fat 16g	21%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 185mg	62%
Sodium 1300mg	57%
Total Carbohydrate 14g	5%
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 37g	
Vitamin D 0mcg	0%
Calcium 67mg	6%
Iron 2mg	10%
Potassium 753mg	15%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.