



## CHICKEN, MUSHROOM AND BROCCOLI STIR FRY

Quick and easy recipe with nutritious ingredients and a flavourful result

 10 minutes

 25 minutes

 2 portions

## INGREDIENTS

- 115 grams of rice, raw
- 1/2 head of broccoli
- 250 grams of chicken breast, skinless, boneless, meat only, raw
- 2 tablespoons of oil, olive, cooking [27 g]
- 2 tablespoons of sesame seeds [to garnish]
- 3 cloves of garlic, minced [for the sauce]
- 1 tablespoon of ginger, grated [for the sauce]
- 2 teaspoons of coconut sugar [for the sauce]
- 75 grams of soy sauce [for the sauce]
- 150 mls of water [for the sauce]
- 2 tablespoons of sesame oil [for the sauce]
- 2 teaspoons of corn flour [for the sauce]
- 1 cup, pieces or slices of mushrooms, white, raw [70 g]

## COOKING METHOD

- 1° Cook the rice according to instructions on the packaging. Wash the broccoli and separate it into small florets.
- 2° Mix all the sauce ingredients in a bowl and set aside until required.
- 3° Heat 1 tbsp of olive oil in a wok or deep pan over a medium heat. Stir-fry the broccoli with some salt, adding a few tablespoons of water now and then and cook in this way for about 7 minutes. Remove broccoli from the pan and set aside.
- 4° Cut the chicken into thin strips or chunks. Heat the remaining oil over a high heat and stir-fry the meat for about 3-4 mins.
- 5° Pour in the sauce and bring to a boil. Simmer for another 2-3 minutes, then add in the mushrooms and the broccoli. Serve with the cooked rice, and garnished with sesame seeds.

## NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION [439 g]	% DRI
ENERGY	165 kcal	724 kcal	36 %
FAT	8 g	36 g	55 %
FATTY ACIDS, TOTAL SATURATED	1 g	6 g	28 %
CHOLESTEROL	21 mg	91 mg	30 %
SODIUM	486 mg	2135 mg	89 %
CARBOHYDRATE	15 g	64 g	21 %
SUGARS	2 g	10 g	—
FIBER	1 g	3 g	14 %
PROTEIN	9 g	40 g	—