

Sesame Chicken and Broccoli



Ingredients:

2 tbsp vegetable oil	3 cloves garlic, minced
1 lb boneless, skinless chicken thighs, cut into strips	2 tbsp low sodium soy sauce
1 bunch broccoli, cut into florets	2 tbsp rice vinegar
3 green onions, thinly sliced	1 tsp toasted sesame oil
1 tbsp grated ginger	2 tbsp oyster sauce
	1 tbsp cornstarch
	¼ cup water
	White or brown rice

Directions:

In medium bowl, whisk together soy sauce, rice vinegar, toasted sesame oil, oyster sauce, and cornstarch. Set aside. Add oil to large skillet over high heat. Add chicken and cook until golden brown (about 8 to 10 minutes). Add broccoli, green onions, ginger, and garlic and cook for another 3 minutes stirring frequently. Pour sesame oil mixture over the top and stir. Add water and stir until mixture has thickened, about one minute. Serve over rice.

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Age adds flavor. We are not old, we are seasoned!