



# Chicken and Broccoli Stir-fry

## List of ingredients

1 tablespoon oil  
500g chicken thigh meat  
2 garlic cloves, sliced  
1 large head broccoli, washed  
1 large onion, in large dice  
200ml chicken stock  
1 heaped teaspoon cornflour  
1 tablespoon soy sauce  
Zest and juice of a lemon

*Feed 4 people.*

## How to cook the dish

Cut the chicken into thin strips.

Peel the skin off the broccoli stems and then cut broccoli into flowerets.

Heat the oil in a large frying pan or wok. Add the chicken and fry for 3-4 minutes until golden.

Remove from the pan and add the garlic, broccoli and onion. Stir fry for about a minute then cover and cook for 2 minutes more, until almost tender.

Mix the stock, cornflour and soy sauce, then pour into the pan and stir until thickened.

Add the chicken back into the pan and let it heat through. Then add the lemon zest and juice.

Stir and serve straight away with rice or noodles.