



Chinese Chicken

Instructions:

Heat a frying pan on a medium flame.

Coat with 3 seconds of Pam.

Add the chicken and garlic and fry until the chicken is fully cooked (approximately 5 minutes).

In a pot, steam the broccoli in 1/4 cup of water.

Add the water chestnuts and bamboo shoots.

Add the chicken garlic mixture, soy sauce, and brown sugar to the broccoli mixture.

In a small bowl, dissolve the corn starch in 1 tsp. of water and add the chicken. Mix.

Heat the entire dish on a medium flame until the sauce starts to thicken lightly or it begins to boil.

Counts as a one pot dinner

Prep Time:

5 minutes

Cook Time:

30 minutes

Ingredients:

6 oz. chicken cutlets - cubed

2 cubes frozen garlic

1/3 of a 16 oz. bag broccoli florets

1/3 of an 8 oz. can water chestnuts - drained

1/3 of an 8 oz. can bamboo shoots - drained

1 TBSP. soy sauce

2/3 tsp. brown sugar

1 tsp. corn starch