CHINESE · DINNER

Healthy Chicken Stir Fry with Broccoli and Peppers

30 min · Serves 4 · 299 kcal a serve · Video 8:10 · Downshiftology

Paleo · Gluten-free ingredients · No dairy listed · No nuts listed

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30 g protein and 13 g net carbs a serve before any rice: chicken breast, broccoli, pepper, carrot and onion in a ginger-garlic sauce thickened with arrowroot and sweetened with just 1 tbsp honey for four. Use coconut aminos for paleo; the tamari makes it salty.

Diet notes: Low saturated fat (2 g, 6% of the energy).

Ingredients 18 · SERVES 4

- [ ] 60 ml **chicken broth**
- [ ] 60 ml tamari (gluten-free soy sauce) or coconut aminos
- [ ] 1 tbsp **dry sherry** (optional)
- [ ] 1 tbsp **honey**
- [ ] 1 tsp **sesame oil**
- [ ] 1 tsp **rice vinegar** (or apple cider vinegar)
- [ ] 1 tbsp **arrowroot powder** (or cornstarch)
- [ ] 2 tbsp **avocado oil**
- [ ] 450 g **boneless**, skinless chicken breast, cut into 2½ cm pieces
- [ ] **salt and pepper**, to taste
- [ ] 1 **red bell pepper**, sliced into strips
- [ ] 1 small **carrot**, thinly sliced
- [ ] 140 g **broccoli florets**, cut bite-size
- [ ] 1 small **yellow onion**, sliced
- [ ] 1 tbsp finely grated **fresh ginger**
- [ ] 4 **garlic** cloves, minced
- [ ] 1 tbsp **sesame seeds**, to garnish (optional)
- [ ] 1 **green onion**, sliced, to garnish (optional)

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Sesame, Soy, Sulphites. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Whisk the broth, tamari, sherry (if using), honey, sesame oil, rice vinegar and arrowroot together and set aside. 0:31
2. Cut the bell pepper into thin strips, thinly slice the carrot on a slight diagonal, cut the broccoli into small florets and slice the onion. 1:30
3. Finely grate the ginger and mince the garlic, keeping them together. 2:38
4. Cut the chicken into 2½ cm cubes so they cook evenly. 3:41
5. Heat a splash of avocado oil in a large pan over medium-high, add the chicken in one layer and season lightly. Stir-fry 4–5 minutes until browned and almost cooked through, then lift it onto a plate. 4:53
6. Add a little more oil if needed and stir-fry the pepper, carrot, broccoli and onion 3–4 minutes, until crisp-tender. 5:52
7. Return the chicken with the ginger and garlic for 30 seconds, stir the sauce and pour it in. Toss about a minute until it thickens, scraping up the browned bits. Garnish with sesame seeds and green onion. 6:18

> **Tip** Give the sauce a stir right before it goes in: the arrowroot settles at the bottom of the bowl.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
299 kcal 1,250 kJ	30 g 61% of a day	16 g 13 g net · 8 g sugars 6% of a day
FIBRE	**FAT**	**SODIUM**
2.9 g 10% of a day	12 g 2 g saturated 16% of a day	1,060 mg 46% of a day

Energy from net carbs 19% · protein 42% · fat 39% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Vitamin C 82% · Vitamin B6 47% · Selenium 47% · Vitamin K 40%

Source of (10–19%) Vitamin A 19% · Magnesium 13% · Zinc 13% · Vitamin E 13% · Folate 13% · Potassium 12% · Iron 12% · Vitamin B12 12%

Recipe and video: Downshiftology on YouTube — youtube.com/watch?v=h6EaCv-ILQY. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/downshiftology-chicken-stir-fry