

# Lemon Broccoli and Chick'n Stir-fry

Lemon Broccoli and Chick'n Stir-fry lights things up tonight.

The vivid green of steamed broccoli is the feature of this dish. Sliced Chick'n (or optional chicken), onion, red bell pepper and browned mushrooms fill out the color and flavor profile. Everything gets neatly folded into a light lemon sauce and served over hearty brown rice. Asian-American dining at its best is headed to your table.

**Preparation time: 40 minutes - Servings 2**

## Organize Your Ingredients!

### Notes on Organizing

Prep and organize ingredients to get started. It's more fun to cook when you're organized. Prep 2 cloves chopped garlic: 1 for the Lemon Sauce and 1 for the Stir-fry. There are 2 onion preps: 2 T. chopped onion for the Lemon Sauce and 3/4 C. sliced onion for the Stir-fry. Juice 2 lemons (you'll need a total of 4 T. of lemon juice).

### Brown Rice

1 C. brown rice  
plus  
2-1/4 C. water  
and  
1/2 tsp. coconut extract  
1/4 C. nonfat milk

### Lemon Sauce

1 tsp. sesame oil  
1 clove garlic (smashed and chopped)  
1/2 C. white wine  
2 T. onion (finely-chopped)

1 C. low-sodium vegetable broth  
1/4 tsp. grated lemon rind  
3 T. lemon juice  
1/2 tsp. Prepared mustard  
2 tsp. low-sodium soy sauce  
1 T. rice wine vinegar  
1/4 tsp. grated fresh ginger  
2 T. granulated sugar

1 T. cornstarch  
dissolved in  
1/3 C. water

### Plant-based Choice or Optional Chicken

#### Plant-based Choice:

1 tsp. olive oil  
20 pieces Plant-based Chik'n Strips  
1/4 C. white wine  
- or -

#### Optional Chicken:

1 tsp. olive oil  
2 boneless, skinless chicken breasts  
1/2 C. white wine

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1 T. lemon juice  
2 T. low-sodium vegetable broth

### Stir-fry

3 C. broccoli (cut into 1" pieces)  
1 tsp. canola oil  
10 medium Cremini mushrooms (sliced)  
1 tsp. sesame oil  
1 clove garlic (smashed and chopped)  
3/4 C. yellow onion (sliced into 1/4" slices)  
3/4 C. red bell pepper (seeded and sliced)

## Let's Prepare, Cook, and Plate This!

### Basic Assembly Instructions

Put the rice on to cook. Combine all rice ingredients in a medium saucepan, bring to a hard boil, reduce heat to medium-low, cover and set a timer for 25 minutes.

### Plant-based Choice or Optional Chicken

#### Plant-based Choice:

Brown Chick'n strips in oil. Add white wine and toss until wine disappears. Allow to cool and slice lengthwise. Once sliced, pour mixture of lemon juice and broth over slices and toss well.

- or -

#### Optional Chicken:

Brown the chicken breast in oil. Add 1/2 C. white wine to the pan, reduce heat to medium-low, cover and cook 5 minutes per side. Allow to cool slightly and slice. Once sliced, pour mixture of lemon juice and broth over slices and toss well.

### Lemon Sauce

1. Using a medium saucepan, brown garlic in sesame oil. Add wine and bring to a boil. Cook 1 minute at a hard boil and add onion. Continue boiling until most of the wine has boiled away.
2. Add low-sodium vegetable broth, lemon rind, lemon juice, prepared mustard, low-sodium soy sauce, rice wine vinegar, grated ginger and sugar. Return to a boil.
3. Thicken with cornstarch mixture. Reduce heat to low and cook 5 minutes. Remove from heat and set aside.

### Stir-fry

1. Steam broccoli in a steamer pan. Cook 4 minutes once water comes to boil. Remove from heat, douse with cold water and set aside.
2. Using a wok or large sauté pan, heat canola oil and brown mushrooms. Remove from pan and set aside.
3. Using same pan, add oil, garlic, onion and red pepper. Toss for 2 minutes. Stir in chicken, steamed broccoli, and browned mushrooms. Toss another 2-minutes.
4. Pour lemon sauce over the vegetables. Bring to a boil and remove from heat.
5. Serve 1-1/2 C. stir-fry over 2/3 C. cooked brown rice. Save leftover stir fry and rice for Friday's meal.

### What I've Learned from this Recipe

When making lemon sauce, I've found that bold flavor is always best.

The combination of grated lemon rind and 3 T. juice gives the stir-fry the bold flavor required.

Let us know what you think, and ask any questions you may have! [chezdon@plate6.com](mailto:chezdon@plate6.com)