

# Lemon Chicken / Broccoli Stir-fry

A delicious version of stir-fry with an Asian lemon sauce will step into the spotlight tonight.

Broccoli, browned mushrooms, onion, red bell pepper and Chik'n strips (or optional sliced chicken breast) harmonize with a the light lemon sauce in a tasty and memorable stir-fry. Hearty brown rice anchors the ensemble as a steady and dependable base.

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

## Organize Your Ingredients!

### Notes on Organizing

Prep and organize ingredients to get started. Prep 2 cloves chopped garlic tonight: 1 clove in the Lemon Sauce and the other in the Stir-fry. There are two different onion preps: 2 T. chopped onion in the Lemon Sauce and 3/4 C. sliced onion in 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 Morningstar Chik'n Strips  
1/4 C. white wine

#### Optional Chicken:

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

#### Additional Seasoning

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)  
  
1/4 C. low-sodium veggie broth  
1 tsp low-sodium soy sauce

## 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 1/4 C. 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.

#### 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. Heat sesame oil in a medium saucepan and brown garlic. 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 for 4-minutes once water comes to a full boil. 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 Chick'n (or optional chicken), steamed broccoli, and browned mushrooms. Toss another 2-minutes.
4. Pour Lemon Sauce over the stir-fry. 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 the best way to go. In this case, the combination of grated lemon rind and 3 T. juice does the trick.

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