



Low-Carb Stir-Fried Chicken & Broccoli

with Cauliflower Rice



20-30min



2 Servings

How can a classic stir-fry be so low carb? Simply swap the rice for cauliflower! Saucy chicken and broccoli pair perfectly with cauliflower rice, which we quickly steam in the microwave. That means more veggies on your plate and just as much stir-fried flavor.

What we send

- 10 oz pkg chicken breast strips
- 3 oz stir-fry sauce ^{1,2}
- 2 (¼ oz) cornstarch
- garlic
- ½ lb broccoli
- 1 pkt chicken broth concentrate
- 12 oz cauliflower rice

What you need

- neutral oil
- kosher salt & ground pepper

Tools

- microwave
- medium nonstick skillet

Allergens

Soy (1), Wheat (2). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

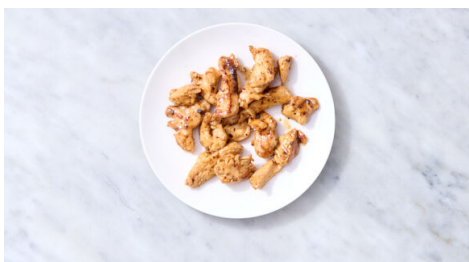
Nutrition per serving

Calories 440kcal, Fat 18g, Carbs 32g, Protein 41g



1. Marinate chicken

Pat **chicken** dry; cut into 1-inch pieces, if necessary. Toss in a medium bowl with **1 tablespoon each of stir-fry sauce and water, 1½ teaspoons cornstarch, ½ tablespoon oil, and ¼ teaspoon each of salt and pepper**. Mix well and set aside.



4. Cook chicken

In a medium nonstick skillet, heat **1 tablespoon oil** over high until lightly smoking. Add **chicken**; cook, undisturbed, until browned on the bottom, about 2 minutes. Stir and cook until nearly cooked through, 1-2 minutes more. Transfer to a plate.

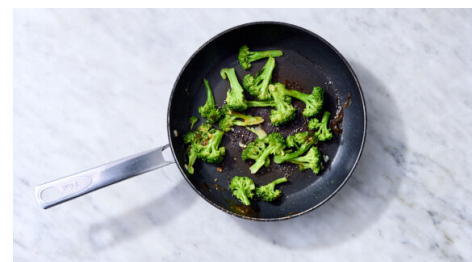


2. Prep ingredients

Finely chop **1 teaspoon garlic**.

Cut **broccoli** into 1-inch florets, if necessary. Add to a second medium bowl and cover; microwave until bright green and crisp-tender, 1-2 minutes.

In a small bowl, whisk together **1 tablespoon cornstarch** and **⅓ cup water** until no lumps remain. Stir in **broth concentrate** and **remaining stir-fry sauce**.



5. Stir-fry broccoli

Add **1 tablespoon oil** and **garlic** to same skillet. Cook over high heat, stirring frequently, until fragrant, about 30 seconds. Add **broccoli** and cook, stirring and tossing, 1 minute more.



3. Cook cauliflower rice

Add **cauliflower rice** to a third medium bowl. Cover and microwave until just tender, stirring halfway through, 5-7 minutes. Season to taste with **salt** and **pepper**. Keep covered until ready to serve.



6. Finish & serve

Whisk **stir-fry sauce mixture** to recombine; add to skillet along with **chicken**. Cook, stirring frequently, until sauce is thickened and chicken is cooked through, about 1 minute.

Serve **chicken and broccoli** with **cauliflower rice**. Enjoy!