Chinese Chicken and Broccoli

Our Heirloom OG member Alma Fitzgerald enjoys this tasty recipe as a Keto-friendly meal!
(See options for non-Keto ingredients in list)

Ingredients:

- 2 lb boneless, skinless chicken breast
- 1 tbsp olive oil
- 3 cloves garlic minced
- 1/2 cup chicken broth
- 2 tsp fish sauce
- 1/4 cup soy sauce or liquid aminos
- 1 tsp sesame oil
- 1 tbsp rice vinegar
- 2 tsp minced ginger (or 1 tsp ground ginger)
- 1/4 cup brown sugar substitute for Keto (or regular brown sugar), to taste
- 8 cups broccoli florets
- 1 cup carrots, chopped into matchsticks
- 1/4-1 tsp xanthan gum for Keto (or cornstarch)
- 3 green onions chopped, optional

Instructions:

1. Slice the chicken into thin, bite-sized strips
2. Heat the olive oil in a large skillet, add the garlic and stir until it becomes aromatic (only a few seconds), then add the chicken.
3. Cook, stirring frequently, until chicken is no longer pink.
4. Add the chicken broth, fish sauce, soy sauce, sesame oil, rice vinegar, brown sugar (substitute, if desired) and ginger. Reduce the heat to medium and allow to simmer until the chicken has cooked through and the sauce has reduced by half.
5. Meanwhile, place the broccoli and carrots in a steaming basket inside of a large pot with about 1 inch of water. Cover, and place over high heat. Steam until the broccoli and carrots are tender-crisp (or done to your liking).
6. Once the sauce has reduced and the chicken is cooked through, remove the chicken from the pan, and stir in the xanthan gum 1/4 tsp at a time (or use cornstarch). Stir well and let sit for about 1 minute after each addition until the sauce reaches your desired consistency.
7. Combine the chicken, broccoli and carrots in a large serving dish. Top with the sauce and chopped green onions if desired. Enjoy!

Tip:

When using xanthan gum, sauces can go from water thin, to full on sludge with just 1/4 of a teaspoon too much.
So add it in 1/4 tsp increments, stirring well and waiting a minute or two before adding any more.