Ginger Broccoli Chicken & Rice

Chicken and broccoli in a glossy ginger-soy sauce, served over freshly cooked rice. Prep the sauce before heating the pan.

Prep 15 min **Cook** 20 min **Serves** 4

Ingredients

- ☐ 1 cup (185 g) dry long-grain white rice
- ☐ 1 1/2 cups (360 ml) water, or the amount specified on the rice packet
- ☐ 1 lb (450 g) boneless skinless chicken breast, cut into 1-inch pieces
- ☐ 1 1/2 tbsp neutral oil, divided
- ☐ 4 cups (300 g) broccoli florets
- ☐ 1/4 cup (60 ml) water for steaming
- ☐ 3 tbsp low-sodium soy sauce
- ☐ 1 tbsp honey
- ☐ 1 tbsp rice vinegar
- ☐ 1 tbsp grated fresh ginger
- ☐ 2 garlic cloves, grated
- ☐ 1 tsp cornstarch mixed with 2 tbsp cold water
- ☐ 2 scallions, sliced



Spoon & Joy recipe illustration.

Before you start

Mix before cooking
The sauce comes together quickly in the hot pan. Grate the ginger and garlic and measure everything first.

Timing note
Preparation and cooking times are estimates. Read the full method before starting.

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METHOD & KITCHEN NOTES

1. Rinse the rice, put it in a saucepan with its cooking water, and cook according to the packet. Keep covered while preparing the chicken.

2. Whisk the soy sauce, honey, vinegar, ginger and garlic in a small bowl. Mix the cornstarch with the cold water in a separate cup.

3. Heat 1 tablespoon oil in a large skillet over medium-high heat. Add the chicken in a single layer and cook for 5-7 minutes, turning to brown the sides. Transfer to a plate once the thickest pieces reach 165°F (74°C).

4. Add the remaining oil and broccoli to the skillet. Stir for 1 minute, add the quarter-cup water, cover and steam for 3-4 minutes, until the broccoli is just tender. Uncover and let excess water evaporate.

5. Return the chicken and its juices to the pan. Add the ginger-soy mixture, stir the cornstarch slurry again and add it. Simmer for 1-2 minutes until the sauce turns glossy and coats the food.

6. Fluff the rice, divide between bowls, and top with the chicken, broccoli and scallions.

Storage & making ahead

Refrigerate chicken and rice promptly in shallow containers for up to 3 days. Reheat leftovers to 165°F (74°C), adding a splash of water to loosen the sauce.

Use the rice packet Rice types need different water ratios. The packet instructions take priority over the suggested quantity here.

Read this recipe on Spoon & Joy