

Lime Chicken and Broccoli Stir-Fry



Sirve:

4 servings

Pieza:

5 Qt./4.7 L Gourmet Wok with Cover

5 Qt./4.7 L Multi-Purpose Oil Core

medium mixing bowl

Valora: ☆☆☆☆☆

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Descripción de la Receta:

This easy to make meal is high in calcium, vitamins, minerals and flavor. Broccoli is one of the best vegetables we can eat to get our calcium. And sesame seeds are chocked full of calcium as well. Plus, this delicious meal is low-fat and low-calorie - bon appetit!

2 cups
brown rice
(370
g)
1/2 cup
lime juice
(120
mL)
1/4 cup
honey
(85
grams)
1/4 cup
cilantro, chopped
(4
g)
4 ounces
green chilies, diced
(113
g)
2 tablespoons
soy sauce
(30
mL)
4 cloves
garlic, minced
1/4 teaspoon
salt
(1.5
g)
1/4 teaspoon
black pepper
(.5

g)
 12 ounces
 chicken, boned, skinned, cut into 1-inch pieces
 (340
 g)
 2 cups
 broccoli florets, cut into small pieces
 (142
 g)
 1 red bell pepper, seeded and diced into 1-inch pieces
 1 yellow bell pepper, seeded and diced into 1-inch pieces
 1 orange bell pepper, seeded and diced into 1-inch pieces
 2 tablespoons
 sesame seeds, optional
 (16
 g)

Preparación :

1. Place rice and water into electric roaster and set control on RIC2.
2. In medium sized mixing bowl combine marinade of lime juice, honey, cilantro, green chili peppers, soy sauce, garlic, salt and pepper. Add chicken and stir to coat. Set aside. This may be done the day before and marinated overnight if desired.
3. Preheat wok on medium heat. When several drops of water sprinkled on the pan skitter and dissipate, place broccoli, red, yellow and orange peppers into wok and stir-fry until heated-crisp, approximately 2 minutes.
4. Add chicken and marinade to wok and continue to stir-fry until chicken is cooked through, approximately 7 minutes. Chicken should not be pink inside.
5. Place rice on plate, spoon stir-fry over rice, sprinkle with sesame seeds and serve.

Consejos:

- Ingredients can be prepared the day before if desired (the chicken can be marinated and the vegetables can be cut).
- Can be served over noodles instead of rice.
- Leftovers are tasty wrapped in a tortilla.

Información nutricional por ración

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Calorías: 389
Grasa Total: 3g
Grasa 0g
Saturada:
Colesterol: 49mg
Sodio: 628mg
Carbohidratos: 71g
Fibra 5g
Dietética:
Azúcar: 20g
Proteína: 26g