

Honey Lemon Chicken and Broccoli Bowls

Source

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Description

A takeout favorite that is sure to be a hit with the entire family! Plus, that lemon glaze is TO. DIE. FOR.

Prep Time

15 min

Cook Time

15 min

Total Time

30 min



Ingredients

Yield – 4 Servings

- 1 cup white rice
- 12 ounces broccoli florets about 2-3 cups
- 1 tablespoon olive oil
- 1 pound boneless, skinless chicken breasts cut into 1-inch chunks
- Kosher salt and freshly ground black pepper to taste
- 1 green onion thinly sliced
- 1/4 teaspoon sesame seeds
- 1/2 cup chicken stock
- 1/4 cup pineapple juice
- 1 lemon Juice of
- 1/4 cup honey
- 1 tablespoon reduced sodium soy sauce
- 1 tablespoon apple cider vinegar
- 1 tablespoon freshly grated ginger
- 3 cloves garlic minced
- 1 tablespoon cornstarch
- 1 teaspoon Sriracha optional

Directions

1. In a large saucepan of 1 1/2 cups water, cook rice according to package instructions; set aside.
2. Place broccoli florets into a steamer or colander set over a pan of boiling water.
3. Cover and steam for 5 mins, or until cooked through and vibrant green; set aside.
4. Heat olive oil in a large skillet over medium high heat.
5. Season chicken with salt and pepper, to taste.
6. Add chicken to the skillet and cook until golden, about 2-3 minutes; set aside.

To make the glaze, stir in chicken stock, pineapple juice, lemon juice, honey, soy sauce, vinegar, ginger, garlic, cornstarch and Sriracha in the skillet.

- Bring to a boil; reduce heat and simmer until slightly thickened, about 4-5 minutes.
- Stir in chicken and gently toss to combine.
- Serve chicken immediately with rice and broccoli, garnished with green onion and sesame seeds, if desired.