

Ground Chicken, Broccoli & Green Pepper Stir-Fry

Serves 2

Ingredients

- 120 g water
- 3 T (45 g) low-sodium soy sauce or coconut aminos
- 1 T (12 g) light brown sugar
- 1 tsp (3 g) cornstarch
- 6 g garlic (2 cloves), minced
- 1 T (12 g) fresh ginger, minced
- 2 tsp rice vinegar
- ½ tsp white miso
- 15 g (1 T) canola oil, divided
- 250 g broccoli florets, bite-size
- 120 g ピーマン (Japanese green peppers), thinly sliced
- 300 g ground chicken (thigh preferred)
- ½ tsp black pepper
- ½ tsp toasted sesame oil
- Pinch crushed red pepper (to finish)
- Optional: 2 tsp sesame seeds
- Optional: 2 green onions, sliced



Instructions

1. Whisk together **water**, **soy sauce** (or **coconut aminos**), **brown sugar**, **cornstarch**, **garlic**, **ginger**, **rice vinegar**, and **white miso** until smooth. Set aside.
2. Heat **2 tsp oil** in a wide skillet over **medium-high heat**. Add **broccoli** and **ピーマン** and cook **5–6 minutes** until tender-crisp with light charring. Transfer to a bowl.
3. Lower heat to **medium**. Add remaining **1 tsp oil**. Add **ground chicken** and **black pepper**. Cook, breaking up the meat, until just cooked through and lightly browned, **4–5 minutes**.
4. Stir sauce again and add to the skillet. Cook, stirring constantly, **1–2 minutes** until lightly thickened.
5. Return vegetables to the pan and toss to coat. Cook **1–2 minutes more**.
6. Remove from heat. Finish with **sesame oil** and a pinch of **crushed red pepper**.
7. Serve immediately, topped with **sesame seeds** and **green onions** if using.

Serving Suggestions

- Serve over steamed white rice or quinoa.

Nutrition (Approximate)

Per serving (½ recipe, without rice):

Kcal: 385 | Protein: 34 g | Fat: 18 g | Sat. Fat: 4 g | Carbs: 23 g | Sugars: 9 g | Fiber: 4 g | Sodium: 750 mg | Omega-3: 0.1 g