

Lemon Basil Chicken Stir Fry

INGREDIENTS

For the Sauce:

- ½ cup vegetable broth or stock
- ¼ cup fresh-squeezed lemon juice (about 2 lemons)
- 1 tablespoon soy sauce
- 1 tablespoon rice wine vinegar
- 2 teaspoons cornstarch
- ½ teaspoon granulated sugar or honey

For the Stir Fry:

- 3 tablespoons olive oil, divided
- Salt and pepper, to taste
- 1½ lbs chicken breast, thinly sliced
- 1 white onion, thinly sliced
- 2 cups broccoli florets, chopped
- 2 medium carrots, peeled and sliced into matchsticks
- 1 bell pepper, thinly sliced
- 1 medium zucchini, sliced into half-moons
- 5 cloves garlic, minced
- 2 cups thinly sliced fresh basil, plus more for garnish

For Serving:

- Steamed brown or white rice
- Toasted sesame seeds

DIRECTIONS

1. Slice chicken breasts into thin strips (butterfly first, then slice). Add to a medium bowl, drizzle with 1 tablespoon olive oil, and season with salt and pepper.
2. Heat 2 tablespoons olive oil in a large skillet over medium-high heat. Add chicken and cook 3-4 minutes per side, until cooked through. Remove chicken and set aside on a plate.
3. While the chicken cooks, prep your vegetables: slice the onion, carrots, bell pepper, and zucchini.
4. In the same skillet, add the remaining 1 tablespoon olive oil. Add onions and carrots, and sauté for 2-3 minutes. Then add bell pepper, garlic, broccoli, and zucchini. Cook for another 5 minutes, stirring frequently.
5. In a small bowl, whisk together all sauce ingredients until cornstarch is dissolved.
6. Return the chicken to the skillet. Pour the sauce over the stir fry and bring to a boil. Reduce heat and simmer for 3-4 minutes, until the sauce thickens. Stir in the fresh basil.
7. Spoon stir fry over steamed rice. Top with extra basil and toasted sesame seeds. Enjoy!