



**The Gathered Green**  
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## **STIR-FRIED CHICKEN, BROCCOLI & BOK CHOY**

Thank you to [cooking.nytimes.com](http://cooking.nytimes.com) for the inspiration towards this recipe, and for the picture.

*Serves 2 to 3*

### **Ingredients**

- 2 tablespoons tamari
- 2 tablespoons rice wine vinegar
- 1 ½ tablespoons sesame oil
- 2 teaspoons coconut sugar
- 500 grams boneless chicken thighs, cut into bitesize pieces
- 2 tablespoons grated fresh ginger
- 2 cloves garlic, finely chopped
- 3 tablespoons coconut oil
- ½ cup broccoli florets
- 1 medium onion, diced finely
- 1 bunch bok choy, trimmed and thinly sliced
- Pinch chili flakes
- 1 dessert spoon toasted sesame seeds
- Sea salt, as needed
- Steamed basmati rice, or quinoa for serving





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## Method

In a medium bowl, whisk together tamari, vinegar, sesame oil, and sugar. Pour half the mixture over the chicken, along with half the ginger and half the garlic. Let stand for 20 minutes.

Heat a large fry pan over high heat. Add 1 tablespoon coconut oil and the chicken. Cook, stirring constantly, until meat is cooked through, about 3 minutes. Transfer to a plate.

Add the remaining coconut oil to the pan. Add onion and cook until soft, stirring constantly. Add broccoli and cook for approximately 2 minutes, stirring constantly. Add bok choy and cook for a further 2 minutes, stirring constantly. Add chili flakes, remaining marinade and a pinch of salt and mix through vegetables. Move vegetable mixture to the border of the pan. Add remaining ginger and garlic to centre of pan and cook, mashing lightly, until fragrant, about 30 seconds. Return chicken to pan and combine with ginger, garlic, and vegetables. Sprinkle over sesame seeds.

Serve immediately over steamed rice or quinoa.

Enjoy!

Jane

