

Brussels Sprouts with Chicken



Yes, more Brussels sprouts, and this time with chicken. This dish is a kind of an adaptation of Asian dish...instead of let's say "Chinese vegetables", I substituted for Brussels sprouts. It is simple and really fast to fix, perfect for a weekday dinner and great for next day lunch. The great thing about this dish is that you can make this dish and at the end of it you will have only one pan to wash. I like to serve this dish with rice.

Ingredients:

1 chicken breast, cut into small chunks
3-4 cloves of garlic
1 tablespoon soy sauce
 $\frac{1}{2}$ tablespoon corn starch
Salt and pepper to taste

1 tablespoon olive oil

1 small onion, chopped

$\frac{1}{2}$ lb Brussel sprouts cut in half





Method:

Marinate the chicken with garlic, soy sauce, salt and pepper. Set aside. In the meantime blanch the sprouts. Make sure that you just blanch, otherwise it will be mushy. Just before sautéing the chicken add the corn starch by coating slightly the chicken pieces with the corn starch.

In a wok, sauté the chicken in olive oil. Set aside once the chicken is fully cooked. In the same wok brown the onion, add the blanched Brussel sprouts. Mix gently and add the chicken back to the wok.

Stir gently and serve hot with rice.



I hope you enjoyed this Asian inspired simple recipe for Brussels sprouts with chicken. You might want to check a simpler version of Brussels sprouts, Roasted Brussels Sprouts with Bacon.



Did you know that Brussels sprouts contain high dietary fiber? Moreover, Brussels sprouts have more vitamin C than oranges, so four to six sprouts contain the adult daily requirement for vitamin C.

Thank you for stopping by Simple Recipes and have a great week!