Ginger Chicken and Broccoli Pan

2 bowls, each with half the chicken-broccoli mixture and half the rice · Active 25 min · Total 45 min

Skills: Beginner with ordinary kitchen equipment

Ingredients

• 10 1/2 oz skinless boneless chicken breast (300 g raw), cut into 2 cm/3/4-inch pieces

• 1/2 cup dry long-grain white rice (100 g)

• 2 1/2 cups drinking water (600 ml), for boiling and draining rice

• 1 small broccoli head, trimmed into small florets and thin stem slices (300 g prepared)

• 2 teaspoons olive oil (10 ml/about 9 g)

• 1 tablespoon finely minced fresh ginger (10 g peeled)

• 2 garlic cloves, minced (6 g)

• 1 tablespoon regular soy sauce (15 ml/about 16 g)

• 1 tablespoon lemon juice (15 ml/about 15 g)

• 1 teaspoon sugar (4 g)

• 2 teaspoons cornstarch (5 g)

• 1/2 cup drinking water (120 ml), divided: 60 ml broccoli, 60 ml sauce; up to 30 ml extra if needed

Set out

28 cm/11-inch skillet with lid, 2-litre/2-quart saucepan, Sieve, Small sauce bowl and spoon, Separate raw-poultry board and clean cooked-food plate, Knife, Kitchen scale, Food thermometer

Allergens

Soy, Wheat in ordinary soy sauce; check sauce and cornstarch labels. Check labels and substitutions.

Make it

1. Bring the rice-cooking water to a boil in the saucepan. Add rinsed rice, simmer uncovered for its packet time, usually 10–15 minutes, until tender, then drain well and cover off the heat.

2. Mix soy sauce, lemon, sugar, cornstarch and 60 ml water in the small bowl. Prepare the ginger, garlic and broccoli. Cut chicken on a separate raw-food board, then clean equipment and wash hands.

3. Heat oil in the skillet over medium-high heat. Add chicken in one layer and cook for 8–10 minutes, turning, until pieces reach 165°F/74°C in their centers. Transfer to a clean plate using clean utensils.

4. Reduce heat to medium. Add ginger and garlic, stir for 20–30 seconds, then add broccoli and its 60 ml water. Cover and cook for 4–6 minutes until the stem slices are just tender; add a little of the extra water if the pan dries early.

5. Return chicken to the pan. Stir the sauce from the base of its bowl and pour it in. Bubble gently for 1–2 minutes while turning the food until lightly coated, adding up to the remaining extra water only if too thick. Confirm chicken remains hot through and reaches 165°F/74°C. Divide between 2 bowls with the rice.

A useful kitchen skill

Whisk starch into cold liquid and stir it again immediately before adding to a hot pan. Settled starch left in the bowl cannot thicken the sauce evenly.

A useful detail

The 45-minute total allows rice and skillet cooking to overlap. Cornstarch is mixed into cold liquid first. The estimate uses 100 g dry rice divided between two servings, not 100 g cooked rice.

Keep it well

Refrigerate leftovers promptly in shallow containers, ideally within 1 hour for rice and always within 2 hours, or 1 hour above 90°F/32°C. Keep at 40°F/4°C or below, use within 24 hours of the rice’s original cooking and reheat only once to 165°F/74°C throughout. Do not reset the rice clock when mixing it with chicken.