



KHSC Honey Sriracha Chicken and Broccoli with a Veggie-Rice Medley - Bowl Style

4 servings
20 minutes

Ingredients

- 1 Cooking Spray
- 4 cups Broccoli Florets (chopped)
- 2 cups Cauliflower (riced)
- 1 cup Peas And Carrots (canned/cups)
- 1 cup Brown Rice Microwaveable Cup
- 9 ozs Chicken Breast, Cooked
- 2 tbsps Honey (or other syrup)
- 2 tbsps Sriracha (or other hot sauce)
- 1 tbsp Water
- 2 tsps Rice Vinegar
- 2 tsps Sesame Oil
- 2 tsps Soy Sauce, Low Sodium
- 1/4 tsp Garlic Powder
- 1/4 tsp Onion Powder
- 2 tsps Sesame Seeds (optional)

Nutrition

Amount per serving	
Calories	293
Fat	7g
Saturated	1g
Carbs	36g
Fiber	7g
Sugar	14g
Protein	27g
Cholesterol	66mg
Sodium	421mg
Potassium	811mg
Calcium	90mg
Iron	2mg

Directions

- 1 Prepare. Microwave the rice cup. Rinse and drain the peas and carrots. Chop the broccoli and chicken into bite-sized pieces.
- 2 Cook. Heat large pan on medium-high heat, spray with cooking spray, add broccoli and cauliflower rice. Cook for 2-3 minutes, stirring occasionally until broccoli starts to brown. Then add peas and carrots, brown rice, chicken, and 1/4 cup water. Cover for about 5 minutes or until reaches desired tenderness.
- 3 Prepare Sauce. While food is cooking, in a small bowl, mix honey, sriracha, water, vinegar, oil, soy sauce, garlic powder, and onion powder. Set aside.
- 4 Add Sauce to Pan. Mix well to distribute sauce throughout the food.
- 5 Serve Hot. Add 1/4 of the recipe to each plate. Sprinkle with sesame seeds. To Store Leftovers: Cover and refrigerate for up to 3 days.

Notes

Substitutions: 1. Change it up by using different types of meat or tofu and different vegetables. 2. Play with the sauce flavor by using different hot sauce, vinegar, or oil. 3. Reduce added sugars by using a sugar-free syrup (like maple) in place of honey.

Frozen Foods: If fresh foods are not an option, cook frozen vegetables and frozen pre-cooked chicken directly in the pan without thawing them first. Be sure to heat to 165F. This will add to the cooking time.

Nutrition Information: One serving is 1/4 of recipe. Nutrition information is an estimate and will vary based on the brands you choose.

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