

Mandarin Chicken with Broccoli



PREP TIME : 15 MIN

COOK TIME : 10 MIN

SERVES : 4

Ingredients :

- **PAM[®] Original Cooking Spray**
- **4 boneless skinless chicken breasts, cut into strips (about 1 1/2 lbs/750 g)**
- **1 clove garlic, minced**
- **6 cups (1.5 L) small broccoli florets (fresh or frozen)**
- **1 bottle (355 mL) VH[®] Orange Ginger Stir-Fry Sauce***
- **2 cans (each 284 mL) mandarin orange segments, including liquid**

Directions :

- 1. Generously spray non-stick wok or large skillet with PAM[®] Original Cooking Spray; heat over medium-high heat. Add chicken and garlic; stir-fry for about 6 minutes until chicken is cooked through. Remove and keep warm.**
- 2. Pour mandarin liquid into wok; add broccoli and sauce. Cook 4 minutes or until broccoli is tender crisp. Return chicken to wok; heat through.**
- 3. Reduce heat. Reserving some for garnish, gently stir in oranges. Heat through. Garnish with reserved oranges.**



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**Optional: This recipe is also great made with VH[®] Teriyaki Stir-Fry Sauce.*

For a great alternative try boneless pork loin chops as a substitute for chicken.