

Braised Chicken Thighs with Chinese Broccoli



PREP TIME : 5 MIN

COOK TIME : 30 MIN

SERVES : 4

Ingredients :

- ***1 tsp (5 mL) vegetable oil***
- ***8-9 chicken thighs, skin-on, bone-in***
- ***3 cups (750 mL) finely sliced brown mushrooms***
- ***1 jar (355 mL) VH® General Tao Stir-Fry Sauce***
- ***1 lb (500 g) Chinese broccoli***
- ***1 cup (250 mL) water***

Directions :

- 1. Heat oil in Dutch oven or large saucepan over medium-high heat.***
- 2. Brown chicken on both sides, about 8 minutes total. Remove chicken and set aside.***
- 3. Add mushrooms to pan and cook over high heat until lightly browned about 4 minutes. Place chicken in pan with VH® General Tao Stir-Fry Sauce and 1 cup (250 mL) water; cover and simmer over low heat until chicken is no longer pink inside, about 12 minutes.***
- 4. Meanwhile, in a large pot of lightly salted boiling water cook broccoli until tender, about 8 minutes. Drain broccoli and serve alongside chicken once it is ready. Serve with steamed baby carrots.***