Prep Time: 10 minutes | Cook Time: 25 minutes | Total Time: 35 minutes

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Introduction

Some of the best meals come from the simplest ingredients — and this Frozen Broccoli and Chicken Pieces recipe is proof. Using frozen broccoli florets and bite-sized chicken pieces, this dish comes together in just over half an hour with minimal fuss and maximum flavor. The chicken is seared until golden and juicy, the broccoli stays bright and tender-crisp, and everything gets tossed in a savory garlic-soy sauce that clings to every bite. It’s a flexible, budget-friendly recipe that works beautifully over rice, noodles, or on its own for a low-carb dinner. Whether you’re cooking from a freezer stash or simply looking for a fast, wholesome meal, this one earns a permanent spot in your rotation.

Ingredients

For the Chicken:

- 1.5 lbs boneless, skinless chicken breasts or thighs, cut into 1-inch pieces
- 1 tablespoon cornstarch
- ½ teaspoon salt
- ¼ teaspoon black pepper
- 2 tablespoons vegetable oil (divided)

For the Broccoli:

- 1 (12–16 oz) bag frozen broccoli florets, not thawed
- 2 tablespoons water

For the Sauce:

- 3 tablespoons low-sodium soy sauce
- 1 tablespoon oyster sauce (optional, but recommended)
- 1 teaspoon sesame oil
- 1 tablespoon honey or brown sugar
- ½ cup low-sodium chicken broth
- 1 teaspoon cornstarch whisked into 2 tablespoons cold water (slurry)
- 3 cloves garlic, minced
- 1 teaspoon freshly grated ginger
- ¼ teaspoon red pepper flakes (optional, for heat)

For Garnish:

- 2 green onions, thinly sliced
- 1 teaspoon toasted sesame seeds

Equipment

- Large skillet or wok (12-inch)
- Mixing bowls
- Whisk
- Cutting board and knife
- Measuring spoons and cups

Instructions

Step 1: Prep the Chicken (5 minutes)

Pat the chicken pieces dry with paper towels — this is key for getting a good sear. In a mixing bowl, toss the chicken with cornstarch, salt, and black pepper until evenly coated. Set aside.

Step 2: Mix the Sauce (3 minutes)

In a small bowl, whisk together the soy sauce, oyster sauce, sesame oil, honey, chicken broth, garlic, ginger, and red pepper flakes. In a separate small bowl, whisk the cornstarch

with cold water to make a slurry. Set both aside.

Step 3: Sear the Chicken (6–7 minutes | Medium-High Heat)

Heat 1 tablespoon of vegetable oil in a large skillet over medium-high heat until shimmering. Add the chicken in a single layer and cook undisturbed for 3–4 minutes to develop a golden crust. Flip and cook another 2–3 minutes until nearly cooked through. Transfer the chicken to a plate and set aside — it will finish cooking in the sauce.

Step 4: Cook the Frozen Broccoli (5–6 minutes | Medium-High Heat)

Add the remaining 1 tablespoon of oil to the same skillet. Add the frozen broccoli florets directly from the freezer (do not thaw) along with 2 tablespoons of water. Cover with a lid and cook for 3–4 minutes, steaming the broccoli until bright green and tender-crisp. Remove the lid and cook another 1–2 minutes to evaporate excess moisture and lightly char the edges.

Step 5: Combine and Simmer (3–4 minutes | Medium Heat)

Return the chicken to the skillet with the broccoli. Pour the sauce mixture over everything and stir to coat. Bring to a gentle simmer over medium heat. Stir the cornstarch slurry once more, then pour it in, stirring constantly. Simmer for 2–3 minutes until the sauce thickens and glazes the chicken and broccoli. Taste and adjust seasoning.

Step 6: Garnish and Serve (1 minute)

Remove from heat and sprinkle with sliced green onions and toasted sesame seeds. Serve immediately over steamed rice, noodles, or cauliflower rice.

Time and Intensity Summary

Phase	Time	Intensity
Prep (cutting chicken, mixing sauce)	10 minutes	Low–Moderate
Sear chicken	6–7 minutes	Moderate (active)
Cook frozen broccoli	5–6 minutes	Moderate (active)
Combine and simmer	3–4 minutes	Moderate (active)
Garnish and serve	1 minute	Low
Total	35 minutes	Moderate overall

Difficulty: Easy | Skill Level: Beginner-friendly | Effort Level: Moderate — one pan, quick stirring

Heat Settings: Medium-high for searing and broccoli; medium for the final simmer.

Tips and Variations

- Keep the broccoli frozen: Adding it straight from the freezer prevents it from turning mushy. It steams perfectly in the covered skillet.
- Don’t crowd the chicken: Cook in batches if your skillet is small — overcrowding steams the meat instead of searing it.
- Swap the protein: This works equally well with shrimp (cook 2 minutes per side) or tofu (press and cube first).
- Make it sweeter or spicier: Adjust the honey and red pepper flakes to taste.

- Add vegetables: Sliced bell peppers, snap peas, or carrots can be added with the broccoli for extra color and crunch.

- Low-carb option: Serve over cauliflower rice or shredded cabbage instead of rice.

Nutrition Information (Per Serving)

Based on 4 servings, excluding rice. Values are estimates and vary by brand.

Nutrient	Amount
Calories	~320 kcal
Total Fat	~14 g
Saturated Fat	~3 g
Cholesterol	~95 mg
Sodium	~780 mg
Total Carbohydrates	~14 g
Dietary Fiber	~3 g
Sugars	~6 g
Protein	~33 g