

ONE POT WONDER CHICKEN AND BROCCOLI LO MEIN

1 bunch broccoli- cut into florets

1 lb. boneless chicken- cut into 1" pieces

1 lb. fettuccine noodles- broken in half

4 carrots- sliced

1 bunch green onions- sliced

3 garlic cloves- minced

¼ cup soy sauce (low sodium)

2 cups chicken broth

2 cups water

2 teaspoons cornstarch

2 teaspoons sesame oil

Put all ingredients into a large pot, cover and bring to a boil.

Cook for 8 minutes while covered, stirring every 3-4 minutes.

Add broccoli, stir and cover and cook for another 8 minutes.

Remove from heat, let rest for 5 minutes until most of liquid is absorbed.