

Sticky Chicken and Brussel Sprouts Stir-Fry
Recipe developed by Ali Slagle
The New York Times/NYT Cooking

Total Time: 30 minutes

Prep Time: 10 minutes

Cook Time: 20 minutes

Yield: 4 servings

Ingredients

¼ cup soy sauce

¼ cup balsamic vinegar

¼ cup maple syrup

1 tablespoon cornstarch

1-pound boneless, skinless chicken breasts, cut into roughly ¾-inch pieces

3 tablespoons grapeseed or vegetable oil

1 pound brussels sprouts, halved

Salt

Preparation

1. In a medium bowl, use a fork to stir together the soy sauce, balsamic vinegar, maple syrup, cornstarch and 2 tablespoons water until the cornstarch is dissolved. Add the chicken and stir to coat.
2. In a large nonstick skillet or wok, heat the oil over medium-high until shimmering. Add the brussels sprouts in a single layer, cut sides down, season with salt and cook until browned underneath, 2 to 4 minutes. Stir and continue cooking until bright green and crisp-tender, 2 to 4 minutes.
3. Stir the chicken and sauce once more, then add the mixture to the skillet and stir until the chicken is cooked through and glazed with sauce, 4 to 6 minutes. At first it will seem there might not be enough sauce, but the vegetables and chicken will release some liquid. If the sauce starts to burn on the bottom of the skillet, add a tablespoon of water.