

# Broccoli and Red Cabbage Chicken Stir-Fry

## Ingredients:

2 cups brown rice  
4 cups water

1 head Broccoli (Cut into individual florets)  
1 cup red cabbage (cut into slices)  
2 Chicken Breasts (cut into ½" cubes)  
1 teaspoon minced garlic  
1 teaspoon red pepper flakes  
2 tablespoons oil olive  
½ teaspoon salt  
½ teaspoon pepper



## Brown Rice Instructions:

1. Combine rice and water in a medium-size pot. Bring to a boil over high heat.
2. When the water starts to boil, reduce heat to simmer.

## Stir-fry Instructions:

1. In medium-size pan over medium heat add two tablespoons of olive oil
2. Add minced garlic and cook until slightly brown
3. Add chicken. Cook until chicken golden stirring occasionally.
4. Add cabbage. Cover and cook until cabbage is slightly tender.
5. Add broccoli Cover and cook until broccoli is dark green but still crunchy.