



# Spicy Chicken and Broccoli Stir Fry

## A Little Spice in Life

I love a bit of spice. It wakes everything up. This dish reminds me of my grandson's first try.

His eyes got so wide. Then he grinned and asked for more. I still laugh at that.

## Why This Meal Works

This meal is all about balance. You get your protein from the chicken. You get your veggies from the broccoli and sweet potato.

It makes you feel good and strong. That matters more than any fancy ingredient. What is your favorite “feel good” meal?

## **The Simple Magic of the Oven**

We are letting the oven do the hard work today. Just toss everything on pans. The heat does the rest.

Doesn't that smell amazing? It fills the whole house with warmth. \*Fun fact: Cooking everything together like this is called a “sheet pan supper.”\* It makes clean-up a dream.

## **The Perfect Finish**

Do not forget the avocado and lemon at the end. The cool, creamy avocado is a nice surprise. The lemon adds a little zing.

This matters because food should be fun. It should have different feels in your mouth. Do you like creamy or crunchy toppings best?

## **Cooking Together**

Some of my best talks happened in the kitchen. It is not just about the food we make. It is about the time we share.

That is the real secret ingredient. Who is your favorite person to cook with? I would love to hear your stories.

## **Ingredients:**

Ingredient	Amount	Notes
Boneless, skinless chicken breasts	2	Cut into 1-inch pieces
Cajun seasoning	To taste	For tossing the chicken
Broccoli florets	1 head	Fresh
Sweet potatoes	3	Peeled and cubed
Olive oil	For drizzling	Divided between chicken and vegetables
Avocado and lemon	For garnish	Sliced





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# My Spicy Chicken & Broccoli Bake

Hello, my dear! Come sit with me. I want to share a wonderful recipe. It's for a Spicy Chicken and Broccoli bake. This dish always fills my kitchen with the most amazing smells. It reminds me of when my grandson first tried it. His eyes got so wide with surprise! He said, "Grandma, it's like a party in my mouth!" I still laugh at that.

See also [Balsamic Garlic Dijon Grilled Chicken Skewers](#)

This meal is so simple to put together. We just chop a few things and let the oven do the work. You will feel so proud of yourself. Doesn't that sound nice? Let's get our hands busy. Here is how we make our dinner party.

**Step 1:** First, turn your oven on to 425°F. We want it nice and hot. Then, take your chicken breasts and cut them into little pieces. I make them about the size of a big bite. Toss them in a bowl with that Cajun seasoning. It makes the chicken look so pretty.

**Step 2:** Now, let's tackle the sweet potatoes. Peel them first, it's like taking off a winter coat. Then chop them into little cubes. (A hard-learned tip: try to make all the pieces the same size. That way, they cook evenly and nobody gets a crunchy piece!) Get out two baking sheets and line them with parchment paper.

**Step 3:** Time to get everything on the pans. Put the spicy chicken on one sheet. Drizzle a little olive oil over it. On the second pan, put the broccoli on one side. Put the sweet potato cubes on the other. Drizzle oil on them, too. It's like making a little food map.

**Step 4:** Carefully put both pans in the hot oven. They will bake for about 20 minutes. You will know it's done when the chicken is cooked through. The sweet potatoes will be soft and sweet. The broccoli gets a little crispy at the edges. I love that part. **Do you prefer your broccoli soft or a little crispy? Share below!**

**Step 5:** When it comes out, let it rest for a minute. Then, the best part! Add slices of creamy avocado and a squeeze of fresh lemon. The lemon makes all the flavors pop. It's a wonderful little finish. Now, our simple, cozy dinner is ready to eat.

See also [Grilled Beer Marinated Chicken Recipe](#)

**Cook Time:** 20 minutes

**Total Time:** 35 minutes

**Yield:** 4 servings

**Category:** Dinner

## Three Fun Twists to Try

This recipe is like a good friend. It's happy to change things up! You can make it new every time. Here are a few ideas I love to play with. They are all so delicious in their own way.

**Sweet & Spicy Swap:** Use mango or pineapple chunks instead of sweet potatoes. The fruit gets so warm and juicy next to the spicy chicken. It's a tropical vacation on a plate!

**Veggie-Power Version:** Skip the chicken completely. Use big chunks of zucchini and bell peppers. Maybe add some chickpeas for a little protein. It's so colorful and good for you.

**Super Smoky Change:** Try smoked paprika instead of Cajun

seasoning. It gives a deep, cozy flavor. It reminds me of a campfire on a cool evening. So warm and comforting.

**Which one would you try first? Comment below!**

## **Serving Your Masterpiece**

Now, let's talk about making it a full meal. I love serving this dish over a fluffy bed of white rice. The rice soaks up all the lovely, spicy juices. You could also use quinoa for a nutty taste. It's very good for you, too.

For a drink, a tall glass of iced herbal tea is perfect. It cools your mouth from the spice. If you're having a special night, a crisp lager beer pairs nicely. It cleanses the palate between bites. **Which would you choose tonight?**





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## Keeping Your Spicy Chicken and Broccoli Fresh

Let's talk about keeping this lovely meal for later. Store it in a sealed container in your fridge. It will stay good for about three days. You can freeze it for up to three months, too.

See also [Taco Bake Casserole](#)

I love making a double batch on Sunday. It makes my week so much easier. I remember my first time batch cooking. I felt so clever having dinner ready on a busy night.

This matters because a good plan takes the stress out of dinner. To reheat, just warm it in the oven or a pan. This keeps the chicken from getting soggy. Have you ever tried storing it this way? Share below!

## Simple Fixes for Common Stir-Fry Hiccups

Sometimes our cooking needs a little help. Your veggies might be soggy. Make sure your baking sheet is not too crowded. This lets the hot air move around everything.

Is your chicken a bit dry? I once cooked mine a few minutes too long. Using a simple meat thermometer helps so much. It tells you exactly when the chicken is done.

Not spicy enough for you? Just add more Cajun seasoning at the table. Getting these small things right builds your cooking confidence. It also makes the flavors so much better. Which of these problems have you

run into before?

## Your Quick Cooking Questions Answered

**Q: Is this recipe gluten-free?** A: Yes, it is naturally gluten-free. Just check your Cajun seasoning label to be sure.

**Q: Can I make it ahead?** A: Absolutely. You can chop the sweet potatoes and broccoli a day early.

**Q: What can I use instead of sweet potatoes?** A: Regular potatoes or carrots work wonderfully. Use what you have.

**Q: Can I double the recipe?** A: Of course. Just use two more baking sheets so nothing steams.

**Q: Is the avocado necessary?** A: No, but it adds a nice, cool creaminess. It is a lovely extra. Which tip will you try first?

## A Little Note From My Kitchen to Yours

I hope you enjoy making this cozy meal. It always makes my kitchen smell wonderful. Cooking for yourself is a beautiful act of care.

\*Fun fact: The avocado is technically a berry!\* I love hearing about your cooking adventures. Have you tried this recipe? Tag us on Pinterest!

I would be so happy to see your creations. Share a photo of your finished dish. Happy cooking!

—Elowen Thorn.

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