

Panda Express String Bean Chicken Breast

Yield: 4 min
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/chicken-and-string-beans-chinese-recipe>

Ingredients:

- 1 pound chicken breast boneless, skinless - cut against the grain into thin slices
- 2 tablespoons peanut oil or vegetable oil
- 1 cup white onion peeled and cut into 1 inch wedges
- 1 pound green beans fresh string beans, washed and trimmed - cut long green beans in half if needed
- 1 tablespoon garlic finely minced or crushed
- 1 teaspoon ginger finely minced or crushed
- 1 tablespoon hoisin sauce or use black bean sauce with a teaspoon of brown sugar
- 2 tablespoons soy sauce
- 1 teaspoon sesame seed oil
- 1 tablespoon Shaoxing wine or rice wine, or cooking wine - may use another tablespoon to deglaze your wok or pan
- 2 teaspoons cornstarch

Nutrition:

1. Calories: 280 calories
2. Carbohydrate: 16 grams
3. Cholesterol: 75 milligrams
4. Fat: 11 grams
5. Fiber: 4 grams
6. Protein: 27 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 650 milligrams
9. Sugar: 6 grams

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