

Chicken Chop Suey

Yield: 4 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/jamaican-chop-suey-recipe>

Ingredients:

- 12 ounces boneless skinless chicken breast 340g, sliced into ¼" thick slices
- 3 tablespoons water 45 ml
- 1 tablespoon oyster sauce
- 1 teaspoon Shaoxing wine or dry sherry
- 1 teaspoon vegetable oil
- 2 teaspoons cornstarch
- 2/3 cup low sodium chicken stock 160 ml
- 1/4 teaspoon granulated sugar or brown sugar, 1g
- 1 1/2 tablespoons soy sauce
- 1 teaspoon dark soy sauce
- 1 1/2 tablespoons oyster sauce
- 1/2 teaspoon toasted sesame oil
- 1/8 teaspoon white pepper
- 3 tablespoons vegetable oil
- 2 cloves garlic chopped
- 4 mushrooms white button or baby bella mushrooms, sliced; about 50g
- 1/2 small carrot 45g, thinly sliced
- 2/3 cup celery 80g, thinly sliced
- 6 ounces bok choy 170g, cut into ¾" x 2" pieces
- 1 tablespoon Shaoxing wine
- 3/4 cup mung bean sprouts 3 ounces or 85g
- 1 cup snow peas 3 ounces or 85g
- 1 1/2 tablespoons cornstarch mixed with 2 tablespoons water

Nutrition:

1. Calories: 280 calories
2. Carbohydrate: 13 grams
3. Cholesterol: 55 milligrams
4. Fat: 15 grams

5. Fiber: 3 grams
6. Protein: 22 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 880 milligrams
9. Sugar: 4 grams

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