

Braised Chestnut Chicken Casserole

Yield: 4 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/chicken-with-chestnut-chinese-recipe>

Ingredients:

- 1 1/3 pounds chicken fillet cut into bite sized pieces, marinated with:
- 1 tablespoon soy sauce
- 2 tablespoons dark soy sauce not the runny, very salty kind
- 1 sugar satchet
- 1 tablespoon Chinese cooking wine
- 1 tablespoon corn flour
- 1 dash white pepper
- 1 tablespoon ginger finely chopped
- 1 carrot chopped to bite sized pieces
- 2 packets chestnuts vacuum-packed
- 3 cloves garlic peeled and crushed lightly, optional
- 1 tablespoon shallots chopped
- 2 slices ginger
- 1 teaspoon olive oil
- 3 cups chicken stock dissolve one chicken stock cube in hot water, then add 1 tablespoon oyster sauce + a dash of sesame oil
- 4 chicken fillet
- 3 chestnuts
- 5/16 carrot

Nutrition:

1. Calories: 420 calories
2. Carbohydrate: 16 grams
3. Cholesterol: 175 milligrams
4. Fat: 11 grams
5. Fiber: 1 grams
6. Protein: 63 grams

7. SaturatedFat: 3 grams
 8. Sodium: 1250 milligrams
 9. Sugar: 5 grams
-

Thank you for visiting our website. Hope you enjoy Braised Chestnut Chicken Casserole above. You can see more 19 chicken with chestnut chinese recipe Experience culinary bliss now! to get more great cooking ideas.