

# Chicken and Bean Sprouts Stir Fry

Yield: 4 min  
Total Time: 45 min

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

## Ingredients:

- 8 ounces chicken thighs or chicken breast, cut into thin strips, 225g
- 1 tablespoon water
- 1 teaspoon vegetable oil
- 1/2 teaspoon soy sauce
- 1 teaspoon cornstarch
- 1 pound mung bean sprouts fresh
- 4 scallions cut in half lengthwise, and then into 2-inch pieces, white and green parts separated
- 2 cloves garlic minced
- 5 shiitake mushrooms fresh or dried/reconstituted, sliced
- 3 tablespoons vegetable oil divided
- 2 teaspoons Shaoxing wine
- 2 teaspoons oyster sauce
- 3/4 teaspoon salt
- 1/4 teaspoon sesame oil
- 1/8 teaspoon ground white pepper
- 1/4 teaspoon msg definitely optional, really gives that extra restaurant flavor
- 1 teaspoon cornstarch dissolved in 2 teaspoons water

## Nutrition:

1. Calories: 280 calories
2. Carbohydrate: 12 grams
3. Cholesterol: 50 milligrams
4. Fat: 20 grams
5. Fiber: 3 grams
6. Protein: 14 grams
7. SaturatedFat: 3 grams
8. Sodium: 760 milligrams

9. Sugar: 5 grams

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