

Moo Goo Gai Pan (Chinese Chicken and Mushroom Stir Fry)

Yield: 5 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-rehab-chinese-farro>

Ingredients:

- 1 1/2 pounds boneless, skinless chicken breast
- 1 large egg
- 1 tablespoon cornstarch
- 1 1/2 cups chicken stock
- 3 tablespoons soy sauce
- 2 tablespoons corn starch
- 1 tablespoon hoisin sauce
- 1 tablespoon oyster sauce
- 1/2 teaspoon Chinese five-spice powder
- 1 pinch ground white pepper
- 1 tablespoon vegetable oil
- 3 carrots peeled and sliced thinly on a diagonal
- 3/4 cup snow peas
- 2 teaspoons garlic grated fresh
- 1 teaspoon fresh ginger grated
- 2 cups shiitake or white button mushrooms, sliced
- 1/3 cup water chestnuts canned, drained
- 1/3 cup bamboo shoots canned, drained
- kosher salt to taste
- 6 cups jasmine rice cooked
- 54991 chicken salad
- 17 vegetables
- 46137 noodle
- 16 mushroom
- 27928 chicken thighs
- 16 mushroom
- 7328 chicken
- 16 mushroom
- 16 mushroom

- 1927 chicken
- 43947 farro
- 16 mushroom