

Chop Suey - Chicken Stir Fry

Yield: 2 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-for-chopsuey-chinese>

Ingredients:

- 180 grams chicken breast thinly sliced
- 1/2 teaspoon baking soda / bi-carb, optional, Note 1
- 1 tablespoon cornflour / corn starch
- 1 1/2 tablespoons light soy sauce or all purpose soy, Note 3
- 1 tablespoon oyster sauce Note 4
- 1 tablespoon Chinese cooking wine OR Mirin, Note 5
- 1/2 teaspoon sesame oil optional
- 1 dash white pepper or black
- 3/4 cup water
- 1 1/2 tablespoons vegetable oil or other cooking oil
- 2 garlic cloves finely chopped
- 1/2 onion sliced, white, brown, yellow
- 6 stems choy sum or other Asian greens
- 1 medium carrot
- 1/2 cup sliced mushrooms shiitake is authentic, but any will do
- 1 cup bean sprouts

Nutrition:

1. Calories: 270 calories
2. Carbohydrate: 12 grams
3. Cholesterol: 60 milligrams
4. Fat: 14 grams
5. Fiber: 2 grams
6. Protein: 21 grams
7. SaturatedFat: 2 grams
8. Sodium: 1370 milligrams
9. Sugar: 3 grams

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