

Chicken and Garlic Sprouts Stir Fry

Yield: 4 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-eggs-and-garlic-sprout-recipe>

Ingredients:

- 400 grams meat Chicken Thigh, chopped
- 1 bunch garlic sprouts around 18-20 dozen stalks, sliced into 2 inch pieces
- 1 large carrots sliced
- 2 red capsicums large, sliced
- 2 cups brown mushroom sliced
- 1 red onion sliced
- 1 teaspoon ginger minced
- peanut oil
- salt
- white pepper
- 2 tablespoons wine chinese
- 1 tablespoon cornstarch
- 1 teaspoon sesame oil

Nutrition:

1. Calories: 380 calories
2. Carbohydrate: 11 grams
3. Cholesterol: 75 milligrams
4. Fat: 29 grams
5. Fiber: 3 grams
6. Protein: 19 grams
7. SaturatedFat: 11 grams
8. Sodium: 270 milligrams
9. Sugar: 3 grams

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