

Crispy Chicken Stir Fry

Yield: 5 min
Total Time: 40 min

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

Ingredients:

- 3/4 pound green beans trimmed and cut into 3" pieces
- 2 pounds boneless skinless chicken breasts cut into 2" cubes
- 1/4 cup toasted sesame oil
- 3 tablespoons cornstarch
- 3 large garlic cloves minced
- 1 tablespoon fresh ginger grated
- 1/4 cup soy sauce or tamari
- 1 teaspoon chili paste Ground fresh, or 1 tsp red pepper flakes
- 1/4 teaspoon salt
- sesame seeds for finishing
- cilantro for finishing

Nutrition:

1. Calories: 370 calories
2. Carbohydrate: 12 grams
3. Cholesterol: 115 milligrams
4. Fat: 17 grams
5. Fiber: 3 grams
6. Protein: 41 grams
7. SaturatedFat: 3.5 grams
8. Sodium: 1060 milligrams
9. Sugar: 2 grams

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