

Chicken Mei Fun

Yield: 4 min
Total Time: 55 min

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

Ingredients:

- 7 ounces rice vermicelli noodles dried thin
- 1 teaspoon vegetable oil
- 1/2 teaspoon dark soy sauce
- 7 ounces chicken breast cut into strips
- 1 teaspoon cornstarch
- 1 tablespoon water
- 1 1/2 teaspoons oyster sauce
- 2 teaspoons Shaoxing wine
- 1/4 teaspoon white pepper
- 1 pinch five spice powder optional
- 1 teaspoon vegetable oil
- 2 slices ginger julienned
- 5 small shallots thinly sliced
- 1 medium carrot julienned
- 5 ounces cabbage shredded
- 3 scallions cut into 2-inch pieces
- 3 tablespoons vegetable oil
- 1 1/2 tablespoons light soy sauce
- 1/2 teaspoon sesame oil
- 1/4 teaspoon white pepper
- salt unchecked?, to taste
- 2 tablespoons water optional

Nutrition:

1. Calories: 480 calories
2. Carbohydrate: 71 grams
3. Cholesterol: 30 milligrams
4. Fat: 15 grams
5. Fiber: 3 grams

6. Protein: 17 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 810 milligrams
9. Sugar: 1 grams

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