

Chinese Mushroom Chicken Stir Fry

Yield: 4 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-mushroom-recipe-youtube>

Ingredients:

- 10 ounces boneless skinless chicken breast or thighs, sliced to 1/4", 5mm thickness, about 1 chicken breast or 2 thighs
- 1 tablespoon soy sauce
- 1 tablespoon Shaoxing wine or dry sherry
- 1 tablespoon cornstarch
- 3 tablespoons oyster sauce
- 2 tablespoons Shaoxing wine or dry sherry
- 2 tablespoons soy sauce
- 1/3 cup chicken stock
- 2 teaspoons sugar
- 2 teaspoons cornstarch
- 3 tablespoons peanut oil or vegetable oil
- 1/2 pound mushrooms white or baby portabella
- 1 cup bamboo shoots sliced, drained
- 3 cloves garlic chopped
- 2 teaspoons ginger minced
- 2 green onions chopped

Nutrition:

1. Calories: 260 calories
2. Carbohydrate: 14 grams
3. Cholesterol: 45 milligrams
4. Fat: 12 grams
5. Fiber: 2 grams
6. Protein: 19 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 1160 milligrams

9. Sugar: 5 grams

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