

# Chinese Chicken Stir Fry

Yield: 5 min  
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-using-dried-chinese-mushrooms>

## Ingredients:

- 1 teaspoon chili oil
- 2 cloves garlic minced
- 1 tablespoon ginger minced
- 3 spring onions washed, white parts sliced very thin and green sections reserved
- 3 tablespoons soy sauce
- 3/4 cup water
- 3/4 cup unsalted cashews
- 2 tablespoons peanut oil for stir frying, as needed
- 1 1/2 pounds chicken breast cut into 1 to 2-inch pieces
- 1 pound mushrooms stems removed, cut into large pieces
- 1 cup carrots sliced into 2- to 3-inch strips
- 1 can water chestnuts whole
- 1 tablespoon cornstarch mixed with 2 tablespoons water

## Nutrition:

1. Calories: 440 calories
2. Carbohydrate: 29 grams
3. Cholesterol: 85 milligrams
4. Fat: 20 grams
5. Fiber: 3 grams
6. Protein: 37 grams
7. SaturatedFat: 4 grams
8. Sodium: 730 milligrams
9. Sugar: 4 grams

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