

# Stir-Fried Chicken in Chinese Garlic Sauce

Yield: 4 min  
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-stir-fried-chicken-and-vegetables-recipe>

## Ingredients:

- 1 1/8 pounds chicken breast pound, cut into strips
- 1 tablespoon sesame oil
- 1 teaspoon cracked black pepper
- 3 cloves garlic minced
- 1 1/2 cups snow peas trimmed
- 1 red bell pepper large, julienned
- 1 green bell pepper large, julienned
- 2 tablespoons canola oil for frying
- 3 tablespoons sauce Mr. Ube Special Noodle
- 1 tablespoon rice vinegar
- 2 1/2 tablespoons soy sauce
- 2 teaspoons chinese rice wine {optional}
- 1 tablespoon brown sugar
- 1 teaspoon dried chili flakes optional
- 1 tablespoon cornstarch

## Nutrition:

1. Calories: 310 calories
2. Carbohydrate: 14 grams
3. Cholesterol: 80 milligrams
4. Fat: 14 grams
5. Fiber: 3 grams
6. Protein: 29 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 760 milligrams
9. Sugar: 7 grams

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