

# 20-Minute String Bean Chicken Stir-fry

Yield: 4 min  
Total Time: 20 min

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

## Ingredients:

- 12 ounces boneless skinless chicken breast or thighs, thinly sliced
- 2 tablespoons water
- 1 teaspoon soy sauce
- 1/2 teaspoon sesame oil
- 2 teaspoons cornstarch
- 1 teaspoon vegetable oil
- 1/2 cup chicken stock or water
- 1 teaspoon sugar
- 1 tablespoon soy sauce
- 2 teaspoons dark soy sauce
- 1/4 teaspoon sesame oil
- ground white pepper Fresh
- 2 teaspoons cornstarch
- 4 tablespoons vegetable oil divided
- 1 pound string beans ends trimmed and cut in half
- 3 cloves garlic sliced
- 1 tablespoon Shaoxing wine

## Nutrition:

1. Calories: 320 calories
2. Carbohydrate: 16 grams
3. Cholesterol: 55 milligrams
4. Fat: 19 grams
5. Fiber: 4 grams
6. Protein: 22 grams
7. SaturatedFat: 2 grams
8. Sodium: 600 milligrams

9. Sugar: 5 grams

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