

Chicken & Soft Tofu Casserole (?????)

Yield: 4 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/fried-soft-tofu-recipe-chinese>

Ingredients:

- 8 ounces boneless skinless chicken thighs diced into 1-inch/2.5cm bite-size pieces
- 1 tablespoon water
- 1 teaspoon cornstarch
- 1 teaspoon vegetable oil or other neutral flavored oil
- 1 teaspoon oyster sauce
- 4 dried shiitake mushrooms medium-size, 4 medium dried mushrooms is about 0.5 ounce or 15g
- 2 cups hot water to soak the mushrooms
- 1 pound soft tofu 1 package
- 1 tablespoon cornstarch mixed into a slurry with 2 tablespoons/30ml water
- 1 cup low sodium chicken stock
- 1/2 teaspoon sugar
- 1 1/2 tablespoons oyster sauce
- 1 tablespoon light soy sauce
- 1/2 teaspoon dark soy sauce
- 1/2 teaspoon sesame oil
- 3 tablespoons vegetable oil or other neutral oil; divided
- 2 slices ginger
- 2 scallions sliced on a sharp diagonal into 2-inch/5cm lengths, white and green parts separated
- 3 cloves garlic sliced
- 1 tablespoon Shaoxing wine
- 1/3 cup frozen peas
- 1 pinch salt or to taste

Nutrition:

1. Calories: 290 calories
2. Carbohydrate: 10 grams
3. Cholesterol: 35 milligrams

4. Fat: 19 grams
5. Fiber: 1 grams
6. Protein: 22 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 670 milligrams
9. Sugar: 2 grams

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