

# Stir-Fry Chicken and Vegetable Delight

Yield: 7 min  
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/fry-chicken-roast-recipe-pakistani>

## Ingredients:

- 3 tablespoons Mazola Corn Oil
- 1 pound boneless skinless chicken breasts cut in 1/2-inch strips
- 1 onions cut into thin wedges
- 12 ounces sugar pea OR green beans OR asparagus
- 1 red bell pepper cut into thin strips
- 8 ounces mushrooms sliced
- 8 ounces bamboo shoots drained, optional
- 1/2 cup sliced green onions
- cooked rice
- cup chicken broth chicken or vegetable broth
- 2 tablespoons corn starch
- 1 tablespoon sugar
- teaspoon crushed red pepper
- 1 clove garlic cloves minced
- 3 tablespoons soy sauce
- 1 tablespoon hoisin sauce
- 1 teaspoon sesame oil dark sesame oil

## Nutrition:

1. Calories: 170 calories
2. Carbohydrate: 16 grams
3. Cholesterol: 40 milligrams
4. Fat: 4 grams
5. Fiber: 4 grams
6. Protein: 20 grams
7. SaturatedFat: 1 grams
8. Sodium: 540 milligrams

9. Sugar: 8 grams

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