

Green Bean Chicken

Yield: 4 min
Total Time: 45 min

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

Ingredients:

- 1 egg white
- 1 tablespoon chinese rice wine
- 2 tablespoons oil
- 1 tablespoon cornstarch
- 1/4 teaspoon salt
- 1 pound skinless chicken breast boneless, cut into 1/2 inch thin strips
- 1/3 cup oyster sauce
- 1/4 cup chicken broth or water
- 3 tablespoons chinese rice wine
- 3 tablespoons low sodium soy sauce
- 2 tablespoons brown sugar
- 1 tablespoon sesame oil
- 1 tablespoon corn starch
- 1/4 teaspoon pepper
- 2 cloves garlic peeled and minced
- 1 ginger thumb-size, peeled and grated
- 2 tablespoons oil
- 1 pound green beans ends trimmed

Nutrition:

1. Calories: 420 calories
2. Carbohydrate: 26 grams
3. Cholesterol: 75 milligrams
4. Fat: 21 grams
5. Fiber: 4 grams
6. Protein: 29 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 1370 milligrams
9. Sugar: 9 grams

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