

# Chicken Stir Fry with Oyster Sauce

Yield: 4 min  
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/snow-pea-pods-rice-recipe-indian>

## Ingredients:

- 1 cup rice white or brown or stir-fry noodles
- 2 boneless, skinless chicken breasts cut into bite sized pieces, 1/2"-1"
- 2 tablespoons cornstarch
- 3 tablespoons oyster sauce
- 4 tablespoons soy sauce
- 2 garlic cloves finely chopped
- 3 tablespoons canola oil do not use olive oil
- 1 tablespoon sesame oil
- 1/4 cup oyster sauce
- 1/2 cup soy sauce
- 2 tablespoons rice wine vinegar
- 2 tablespoons cornstarch
- 1 medium onion halved then cut into 1/2" slices
- 2 cups broccoli florets cut into bite-sized pieces
- 1 1/2 cups snow pea pods strings removed
- 1 cup carrots cut into fine 2" slices
- 1/2 cup peppers red, yellow or orange bell pepper, thinly sliced
- 1 cup celery 1/4" slices

## Nutrition:

1. Calories: 460 calories
2. Carbohydrate: 49 grams
3. Cholesterol: 65 milligrams
4. Fat: 17 grams
5. Fiber: 9 grams
6. Protein: 30 grams
7. SaturatedFat: 2.5 grams

8. Sodium: 3740 milligrams
  9. Sugar: 7 grams
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