Chinese Chicken Stir-Fry

Serves: 5

Ingredients:

Sauce
- ☐ 3 tsp cornstarch
- ☐ 2 tbsp + 1/3 cup water, separated
- ☐ 2 tbsp soy sauce
- ☐ 1 tbsp oyster sauce
- ☐ 2 tbsp Chinese cooking wine OR Mirin
- ☐ Touch of preferred artificial sweetener
- ☐ ½ tsp sesame oil
- ☐ Dash of black pepper

Stir-Fry
- ☐ 2 tbsp peanut oil or canola oil
- ☐ 1 garlic clove, crushed
- ☐ 1 chicken breast, thinly sliced
- ☐ ½ small onion, sliced (yellow, brown or white)
- ☐ ½ red bell pepper, sliced
- ☐ 1 small carrot, halved lengthwise and sliced thinly on the diagonal
- ☐ ½ bok choy sliced in 1" pieces
- ☐ 2 stems scallion, cut into 1.5" pieces

Steps:

1. Combine the cornstarch and 2 tbsp of water in a small bowl, mix until smooth.

2. Mix in remaining Sauce ingredients EXCEPT the 1/3 cup water.

3. Place the chicken and 2 tbsp of Sauce in a bowl and mix gently. Set aside for 15 minutes.

4. Add 1/3 cup water into the remaining Sauce. Set aside.

5. Heat oil in wok over high heat. Add garlic and cook for 15 seconds.

6. Add onion and cook for 1 minute.

7. Add the chicken and cook until it changes color from translucent to opaque.

8. Add bell pepper and carrots and stir fry for 30 seconds.

9. Add Sauce and cook for 30 seconds.

10. Add bok choy and scallions and cook for a further 1 minute until the Sauce is thickened.

11. Remove from heat immediately and serve.

Nutrition Facts (per serving):

Calories: 140, Protein: 14, Fat: 7g, Carbohydrates: 10g, Sugars: 5g
Recipe adapted from: https://www.recipetineats.com/easy-classic-chinese-beef-stir-fry/#wprm-recipe-container-22004