

Moo Goo Gai Pan

Ingredients

500g boneless skinless chicken breasts, thinly sliced
1 large egg white
2 tablespoons + 1 teaspoon of corn-starch divided use
1 tablespoon vegetable oil divided use
2 teaspoons minced garlic
1 teaspoon minced ginger
2 cups of sliced mushrooms
1 cup of snow peas
1/2 cup of thinly sliced carrots
1 225g can of sliced water chestnuts drained
1 225g can of sliced bamboo shoots drained
3/4 cup chicken stock
1 1/2 teaspoons sugar
1 tablespoon soy sauce
1 1/2 teaspoons sesame oil
Salt and pepper to taste

Instructions

In a medium bowl whisk together the egg white and 1 tablespoon of corn-starch. Add the chicken slices and toss to coat. Refrigerate for 30 minutes, then strain and discard any excess liquid.

In a large saucepan, heat 1 teaspoon of oil over medium high heat. Add the carrots and 1 tablespoon of water and cook 2-3 minutes, stirring constantly.

Add the mushrooms and cook for 3-4 minutes or until mushrooms are browned and tender.

Add the snow peas and cook 1-2 minutes more or until tender. Stir in the water chestnuts and bamboo shoots. Season the vegetables to taste with salt and pepper.

Remove the vegetables from the pan and place on a plate. Cover the plate with foil to keep warm.

Wipe out the pan with a paper towel. Heat the remaining 2 teaspoons of oil over medium high heat.

Add the chicken to the pan and season with salt and pepper to taste. Cook, stirring occasionally, until chicken is cooked through, 3-4 minutes. Add the garlic and ginger and cook for 30 seconds more.

In a small bowl whisk together the chicken stock, sugar, soy sauce and sesame oil. Whisk in 1 tablespoon + 1 teaspoon of corn-starch.

Add the vegetables back to the pan and heat through, approximately 1 minute. Pour in the sauce and turn the high to heat. Bring the sauce to a boil and boil for approximately 1 minute or until sauce has just started to thicken, stirring occasionally.

Serve immediately, over rice if desired.