

**Recipe Name:** Ginger Sesame Chicken With Bok Choy And Mushrooms Recipe

**Diet Type:** Non-Vegetarian

**Course:** Lunch

**Cuisine:** Chinese

**Quantity:** 1 bowl



## Ingredients

| Ingredient                                                | Quantity |
|-----------------------------------------------------------|----------|
| • 1/2 cup Chicken stock - chicken stock cube + water      | 4        |
| • 3 tablespoons Soy sauce                                 |          |
| • 1 tablespoon Sherry - or white wine                     |          |
| • 1 tablespoon Sugar                                      |          |
| • 1 teaspoon Corn flour - dissolved in 1 tablespoon water |          |
| • 1/2 teaspoon Rice Vinegar                               |          |
| • 1/2 teaspoon Sesame (Gingelly) Oil                      |          |
| • 1/2 teaspoon Fresh Red chillies - crushed               |          |
| • 3 tablespoons Sunflower Oil                             |          |
| • 200 grams Button mushrooms - thickly sliced             |          |
| • 200 grams Chicken breasts - skinless and boneless       |          |
| • Salt and Pepper - as required                           |          |
| • 2 Bok Choy - heads                                      |          |
| • 1 Red Bell pepper (Capsicum) - cut into 3/4 inch pieces |          |
| • 2 tablespoons Ginger - finely chopped                   |          |
| • 1 Garlic - minced                                       |          |
| • Sesame seeds (Til seeds) - Roasted                      |          |

## Preparation

- To begin making the Ginger Sesame Chicken With Bok Choy And Mushrooms recipe, cut boneless chicken into cubes and set aside.
- Wash heads of Bok Choy and split it into half.
- Cut the root part crosswise into squares.
- Wash and chop Mushrooms in slices and Red Bell Pepper in small squares.
- In a heavy bottomed pan, add some vegetable oil and saute onion till they release their water and become a little brown.
- Remove them on a plate lined with a tissue, so that excess oil is soaked.



- Now add little more oil to the same pan and add Red bell Pepper and Bok Choy.
- Stir Fry till they have cooked but still retain their crisp character.
- Also remove them on the plate with a tissue to absorb the extra oil.
- Repeat the same with cubed chicken.
- Stir Fry in the same pan by adding little oil.
- Season it with Salt and Pepper.
- In a saucepan add some chicken broth or if you are using broth cubes, add water and broth cube.
- Bring it to a boil and then turn the flame off.
- In the same sauce pan add Sheer or white wine, soya sauce and sugar.
- Also add rice vinegar, Cornstarch dissolved in water and sesame oil.
- Also add red chilli flakes to the sauce pan and mix till everything is dissolved.
- In a pan add oil and saute minced garlic and ginger for a minute and then add all the stir fried veggies and chicken.
- Mix well.
- Add the sauce and let it simmer till it has reduced and thickened a little bit.
- Transfer to a bowl, sprinkle some roasted sesame seeds and serve hot.

## Macronutrients

| Calories (kcal) | Protein (g) | Carbs (g) | Fat (g) | Fiber (g) | Sugar (g) |
|-----------------|-------------|-----------|---------|-----------|-----------|
| 350             | 30          | 20        | 15      | 4         | 5         |