

Recipe Name: Cantonese Chicken With Mushrooms Recipe
Diet Type: Non-Vegetarian
Course: Dinner
Cuisine: Cantonese
Quantity: 1 bowl



Ingredients

Ingredient	Quantity
• 250 grams Boneless chicken	5
• 1 cup Shiitake mushrooms - (or oyster mushrooms)	
• 1 Bok Choy - chopped	
• 1/2 cup Spring Onion (Bulb & Greens)	
• 8 cloves Garlic - crushed	
• 2 teaspoon Black pepper powder	
• 1 tablespoon Light soy sauce	
• 1 tablespoon Fish sauce	
• 1 tablespoon Oyster sauce	
• 1 tablespoon Red Chilli sauce	
• 1 tablespoon Rice Wine Vinegar	
• Salt - if required	
• 2 tablespoon Sesame (Gingelly) Oil	
• 1 teaspoon Brown Sugar (Demerara Sugar)	
• 1 teaspoon Corn flour	
• 3 tablespoons Spring Onion Greens	
• Sesame seeds (Til seeds) - toasted	

Preparation

- To begin making the Cantonese Chicken With Mushrooms recipe, wash chicken pieces and chop into small cubes.
- Add little salt and a pinch of pepper powder, mix well and marinate it for at least 30 minutes inside fridge.
- Heat 2 tablespoons sesame oil in a wok.
- Add chopped white spring onions and toss for 30 seconds.
- Next add chicken pieces and toss till chicken pieces turn white.



- Cover and cook for 5 minutes until chicken is half cooked.
- Add chopped mushrooms and boy choy, toss for a minute.
- Now in a small bowl mix all the sauces - soy sauce, fish sauce, oyster sauce, red chilli sauce and vinegar with brown sugar and pour it into the wok.
- Cook on high flame for about 2 to 3 minutes.
- Mix corn starch in about 1 teaspoon water.
- Once chicken is fully cooked, add the corn starch water mix, stir well and let it cook for 1 minute.
- Remove from wok and transfer to a serving plate.
- Garnish with green spring onions, sesame seeds and serve hot with noodles or as starter.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
350	30	20	15	3	5

