



StirFried Vegetables with Chicken or Pork

Jacob · 29/09/2024



Prep Time

40 mins

Dificult

Medium

Servings

4

Description

This chicken or pork and vegetable stirfry recipe is based on some very tasty dishes that my Asian friends at work brought in to some office potlucks I want to thank Cindy Ly for taking the time to write down the ingredients for me

Ingredients

- - 2 tablespoons vegetable oil - ½ pound boneless skinless chicken breasts
- cut into cubes - 2 cloves garlic
- chopped - 2 tablespoons oyster sauce - 1 cup chopped broccoli - 1 cup sliced green bell pepper - 1 cup sliced carrots - 1 cup sliced napa cabbage - 1 cup sliced celery - 1 cup fresh bean sprouts - 1 cup sliced zucchini - 1 cup chopped green onions - 1 teaspoon salt - ½ cup water - 2 tablespoons mushroom soy sauce - 1 tablespoon cornstarch

Instructions

1. Heat oil in a wok over medium-high heat. Add chicken
2. garlic
3. and oyster sauce
4. and stir-fry until chicken is browned
5. 5 to 8 minutes. Stir in broccoli
6. bell pepper
7. carrots
8. cabbage
9. celery
10. bean sprouts
11. zucchini
12. green onions
13. and salt. Stir-fry until vegetables are crisp-tender and chicken is no longer pink in the center and the juices run clear
14. 4 to 8 minutes. An instant-read thermometer inserted into the center of the chicken should read at least 165 degrees F (74 degrees C). Stir water
15. soy sauce
16. and cornstarch together in a small bowl; pour into the wok. Cook and stir until sauce is thickened
17. 1 to 2 minutes. Recipe Tip You can substitute 1/2 pound of boneless pork chops
18. cut into 1-inch cubes
19. for the chicken breast.