



## CHEF MARGARET KUO, MARGARET KUO'S WAYNE

www.margaretkuos.com

### CHICKEN AND BROCCOLI STIR-FRY

#### Ingredients:

- ½ chicken breast slightly frozen cut in thin slices
- 1 egg white
- ½ tsp corn starch
- ½ tsp canola oil
- broccoli florets
- salted water
- 1 Tbsp canola oil
- diced scallions
- grated ginger
- chopped garlic
- 2 Tbsp cooking wine (optional)
- 2 Tbsp low sodium soy sauce
- 2 Tbsp oyster sauce (optional)
- pinch ground white pepper
- pinch sugar (optional)
- 1 Tbsp corn starch
- 3 Tbsp cold water
- 2 tsp sesame oil

#### Directions:

In a bowl mix egg white, corn starch and canola oil. Add chicken to mixture and let it marinate.

Blanch broccoli florets in salted water for 2 minutes. Drain well.

Add 1 tablespoon of canola oil to a wok and let it heat up. Remove chicken from mixture and add it to the hot wok, cook chicken through and set it aside.

Add scallions, grated ginger, chopped garlic, boiled broccoli florets to the wok. Return chicken to wok and add cooking wine (optional), soy sauce, oyster sauce (optional), white pepper, pinch of sugar (optional), 1 tablespoon of corn starch mixed with 3 tablespoons of cold water and sesame oil.

Let it simmer and serve over brown rice.

**Serves 2**

### Nutrition Facts

Serving Size 51 g

#### Amount Per Serving

Calories 140

Calories from Fat 114

	% Daily Value*
<b>Total Fat</b> 12.7g	20%
<b>Saturated Fat</b> 1.2g	6%
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 710mg	30%
<b>Total Carbohydrates</b> 3.4g	1%
<b>Sugars</b> 0.7g	
<b>Protein</b> 1g	

Vitamin A 0%

Vitamin C 0%

Calcium 1%

Iron 2%

\* Based on a 2000 calorie diet

**For more information please visit:**

[WHYY.org/widerhorizons/chefsguide.html](http://WHYY.org/widerhorizons/chefsguide.html)