Chinese Chicken Recipes

Chicken, snow peas, and carrots in a glossy ginger garlic sauce

SERVES 4	PREP 15 MIN	COOK 15 MIN



INGREDIENTS

Chicken
1½ lb (680 g) boneless, skinless chicken breasts
1 tbsp (15 ml) olive oil
½ tsp (3 g) fine salt
¼ tsp (0.5 g) black pepper
1 tbsp (8 g) cornstarch, divided

Vegetables & sauce
2 cups (150 g) snow peas
1 carrot (100 g), sliced
2 garlic cloves, minced
1 tbsp (6 g) ginger
3 tbsp (45 ml) alcohol-free soy-style seasoning
½ cup (120 ml) chicken broth

METHOD

1. Slice chicken thinly and toss with half the cornstarch, salt, and pepper. Mix broth, soy-style seasoning, and remaining starch until smooth.

2. Heat oil in a wok or wide skillet. Stir-fry chicken for about 5 minutes.

3. Add snow peas, carrot, garlic, and ginger; cook 3 minutes, stirring often.

4. Stir sauce again, add to the pan, and simmer 3–5 minutes until thickened and every chicken piece reaches 165°F (74°C).

Doneness: Check the thickest chicken piece with a food thermometer; it must reach 165°F (74°C). **Tips:** Trim strings from mature snow peas and prepare all ingredients before heating the pan. **Variations:** Use sliced, par-cooked green beans instead of snow peas, or top with 2 tbsp toasted sunflower seeds. **Serve:** Pair with rice and cucumber. **Storage:** Refrigerate within 2 hours and use within 3–4 days. Freeze cooked portions up to 2 months; reheat to 165°F (74°C).