

Chop Suey

Ingredients: Chop Suey Sauce

- 2/3 cup low sodium soy sauce
- 1/2 cup chicken broth
- 1/3 cup mirin
- 1/4 cup hoisin sauce
- 1 tablespoon sugar
- 1 tablespoon sesame oil
- 2 tablespoons vegetable oil
- 4 cloves garlic , minced
- 1/4 teaspoon crushed red pepper flakes
- 2 tablespoons cornstarch
- 1/3 cup water

Ingredients: Chop Suey

- 2 tablespoons vegetable oil
- 2 chicken breasts , cut into thin bite sized slices
- 1/2 cup chicken broth
- 2 cups broccoli florets
- 8 ounces canned bamboo shoots , sliced and drained well
- 8 ounces canned water chestnuts , sliced and drained well
- 15 ounce canned baby corn , drained well
- 1 zucchini , cut into 1/2" thick half moons

Instructions:

- In medium bowl whisk together soy sauce, chicken broth, mirin, hoisin sauce, sugar and sesame oil.
- In skillet add vegetable oil and chicken on medium high heat in batches.
- Sear chicken for 2 minutes on each side.
- Remove chicken from skillet. Set aside.
- Add garlic, stir, and cook on medium-high heat for 30 seconds.
- Add sesame oil mixture to pan and bring to a boil.
- Simmer for 1 minute then whisk together cornstarch and water. Add to pan.
- Simmer for 1 minute until thickened.

Finish:

- Add the vegetable oil to a large heavy skillet (skillet with lid).
- Cook the chicken on high heat, 3-4 minutes per side until seared.
- Remove chicken, lower heat to medium, add chicken broth, broccoli, bamboo shoots, water chestnuts, carrots, baby corn, and zucchini.
- Cover and steam 4-5 minutes.
- Remove lid, cook off chicken broth. Add chicken and stir fry sauce to pan.
- Toss to combine, garnish with green onions or sesame seeds.