



Shredded Chicken with Broccoli from Ren Chai

Ingredients:

- 1kg broccoli flower
- 1kg chicken breast
- 300 gm green pepper
- 300 gm red pepper
- 100 gm fresh mushrooms
- 10 gm garlic
- 50 gm onion
- 20 gm ginger
- 50 gm salt
- 50 gm monosodium glutamate (MSG)
- 5 gm baking soda
- 25 gm sugar
- 110 gm corn flower
- 15 gm sesame oil
- 15 gm potato starch
- 25 gm oyster sauce
- Cooking oil

Preparation

- Clean and cut broccoli into bite sizes
- Put broccoli into soup stock and fresh water seasoned with salt, MSG and sugar
- Cut green pepper and red pepper into shreds
- Cut chicken breast into shreds and marinate with salt 50gm, MSG, 1 cup of fresh water, add little cooking oil to avoid sticking when frying
- Preheat casserole then put cooking oil, bring oil to moderate temperature, and deep fry chicken. Once the chicken is cooked, drain.
- Stir fry onions, garlic, and ginger with little amount of oil then add the green pepper, red pepper, fresh mushroom, and finally chicken then broccoli
- Season with salt 1/4 spoon, 1 tsp of MSG, 1/2 spoon sugar, 25gm oyster sauce, little amount of white pepper and 1 cup of soup stock with water.
- Thicken the sauce with potato starch diluted in water and add sesame oil.

Enjoy & Sahtein!