

# CHICKEN CHOP SUEY

**Time: 30 minutes**

**Serves: 6**

### Ingredients:

80g cool water or chicken stock  
40g dark soy sauce  
30g corn starch  
1g white pepper  
1kg boneless skinless chicken thighs - sliced  
10g salt  
30g cold-pressed avocado oil (or other cold-pressed neutral-flavoured oil)  
150g onion - diced  
6 cloves garlic - chopped  
400g thinly sliced cabbage and carrots or coleslaw mix  
300g fresh bean sprouts

### Preparation:

In a measuring cup, whisk together the water, soy sauce, corn starch, and pepper. Set aside.

In a bowl, toss the salt and the chicken. Set aside.

Preheat a large wok on high heat. Add the oil.

Add the chicken to the wok and stir-fry for five minutes.

Add the onions and garlic, stir-frying for one more minute.

Add the cabbage and bean sprouts, stir-frying for two minutes.

Pour in the soy sauce mixture, stir-frying for an additional minute.

Remove from heat and serve.

### Nutritional Information Per Serving:

Calories: 311 Fat: 12g Carbs: 14g Fibre: 3.5g Protein: 36g	<b>Hand-Size Portion Guide</b> Palms of Protein: 2 Fists of Vegetables: 1 Cupped Hands of Carbs: 0 Thumbs of fat: 0
--	---