

## Broad Beans with Chicken and Shrimps Recipe

**Ingredients:** Serves 4

200g broad beans  
15 shrimps  
100g chicken meat  
½ tablespoon chopped scallion  
3-4 slices ginger

**Seasonings A:**

a pinch of salt and cornstarch

**Seasonings B:**

a pinch of salt  
½ teaspoon cornstarch  
2 teaspoons water

**Seasonings C:**

⅔ cup soup stock  
salt to taste  
cornstarch paste  
a few drops of sesame oil

**Method:**

Rinse broad beans, boil with light salty water for 40 seconds, remove, rinse with cold water. Marinate shrimps with seasonings A for 15-20 minutes. Dice chicken meat, marinate with seasonings B for 15-20 minutes. Heat 3 tablespoons of oil to stir-fry shrimps and chicken separately until done, remove. Add ginger slices and scallion to wok, stir-fry for a while, add broad beans and soup stock, cook to the tenderness you like. Add shrimp and chicken meat back to wok, stir evenly. Thicken with cornstarch paste, and then drizzle sesame oil in beans. Remove and serve.

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