

## Chicken with Broccoli Recipe

**Ingredients:** Serves 4

2 boneless, skinless chicken breasts (28g)  
1 large egg white  
2 tablespoons cornstarch  
 $\frac{3}{4}$  teaspoon salt  
4 cups plus  $\frac{1}{3}$  cup Chicken stock, canned chicken broth or water  
28g broccoli florets  
 $\frac{1}{2}$  cup sliced water chestnuts ( $\frac{1}{4}$ -inch-thick slices)  
12 canned straw mushrooms, rinsed and drained  
1 teaspoon sugar  
2 tablespoons rice wine or dry sherry  
Vegetable oil, for passing through  
2 scallions, white part only, trimmed and minced  
3 garlic cloves, peeled and minced

**Method:**

Slice chicken breasts in half horizontally. Flatten the chicken breasts by pounding them on both sides with the flat side of a cleaver or a flat meat mallet until  $\frac{1}{8}$  inch thick. Slice the meat on a shallow diagonal to make 1-inch-wide strips. Cut the strips into 1½-inch pieces. Mix the chicken, egg white, 1 tablespoon of the cornstarch and  $\frac{1}{4}$  teaspoon of the salt in a medium bowl. Set it aside. Bring the 4 cups chicken stock to a boil in a medium saucepan over high heat. Add the broccoli, water chestnuts and straw mushrooms and cook until the broccoli is crisp-tender, about 1½ minutes. Transfer the vegetables to a strainer to drain and discard the broth. Mix the remaining  $\frac{1}{3}$  cup chicken stock with the remaining  $\frac{1}{2}$  teaspoon salt, the sugar and the rice wine in a small bowl. Dissolve the remaining 1 tablespoon cornstarch in 3 tablespoons cold water in a small bowl. Set the bowls aside. Heat a large wok over high heat. Add enough oil to come about 1 inch up the sides of the wok and heat it to 170°C. Add the chicken pieces, a few at a time and stir gently, so the pieces do not stick to each other, until the chicken turns white, about 1 minute. Using a wide wire-mesh strainer, transfer the chicken to a colander to drain. Discard all but 2 tablespoons of the oil from the wok. Return the wok with the oil to high heat. Add the scallions and garlic and stir-fry until the garlic is fragrant, about 10 seconds. Add the stock mixture and the cornstarch mixture and bring to a boil. Return the chicken and vegetables to the wok and stir-fry until the sauce has thickened, about 30 seconds. Serve immediately.