

YIELD: 4-6 SERVINGS

Moo Shu Chicken

***Moo Shu Chicken** is a quick and easy stir fry bursting with flavor, highlighted by hoisin sauce. Serve with rice, or tortillas!*

Ingredients

Marinade

- 1/2 cup hoisin sauce
- 2 Tbsp oyster sauce
- 1 Tbsp honey
- 2 Tbsp rice vinegar
- 2 Tbsp soy sauce
- 1 Tbsp sesame oil
- 6 garlic cloves, finely chopped
- 1 Tbsp ginger, finely chopped
- black pepper to taste

Moo Shu

- 1 lb boneless skinless chicken thighs, cut into thin strips
- 14oz cabbage (we used half of green and red), cut into thin strips
- 1 small carrot, cut into julienne
- 8oz shiitake mushrooms, thinly-sliced
- 4 scallions, green part only, cut into strips
- 2 large eggs
- 3-4 Tbsp oil

Serving

- Flour tortillas, rice or lettuce wraps
- Sesame seeds, for garnish



Instructions

1. Combine all the marinade ingredients in a bowl and whisk well. Use half of the marinade to marinate the chicken (the rest will be used as a cooking sauce. Marinate the chicken for a few hours in the refrigerator if time allows, or while you prep the rest of the ingredients.
2. Whisk the eggs in a bowl with a little salt. Heat 1 Tbsp oil in a large skillet over medium high heat, and make a large thin omelette. When it's ready, plate it out and cut it into thin strips.
3. In the same pan, heat 2 Tbsp oil and sauté the chicken strips over high heat. Spread them so they don't overcrowd the pan, and cook for 8-10 minutes until the chicken is cooked through. Remove the cooked chicken to a plate.
4. In the same pan, use a little more oil if necessary and sauté cabbage, carrots, and shiitake mushrooms for 2-3 minutes. Add the rest of the reserved marinade to the mix and combine well. Cook for another minute or two, until the veggies get a little softer.
5. Stir in the cooked chicken and omelette stipes, and toss until combined. Taste, and season with extra salt and pepper (and/or hoisin or soy sauce), as needed. Sprinkle the green parts of the scallions and serve immediately with flour tortillas or rice. You can garnish it with an extra drizzling of warm hoisin sauce, along with sesame seeds.



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