

Chicken in Garlic Sauce with Pea Shoots

prep 15min ★ cook 10min ★ servings 2

INGREDIENTS

2 skinless-boneless chicken breasts, cut into thin strips
1 tbsp cornstarch
1.5 tsp sesame oil
2 tbsp vegetable oil
4 garlic cloves, minced
1 lg bunch of pea shoots, coarsely chopped
3/4 cup chicken broth
salt & pepper to taste
green onion, chopped

INSTRUCTIONS

Dress chicken breast strips with cornstarch in a mixing bowl. Sprinkle with sesame oil and toss until evenly coated.

Heat the vegetable oil in a large skillet over high heat. Add chicken and cook until lightly browned, roughly 5 minutes. Add the garlic and cook until lightly browned. Add pea shoots, cook until wilted; pour in the chicken broth and bring to a simmer. Cook and stir a few minutes until the chicken broth has thickened. Add salt and pepper to tasted. Garnish with chopped green onion.

