

Moo Shu Chicken with Veggies

Courtesy of Carole's Creations

Prep Time: 45 minutes

Cooking Time: 10 to 25 minutes*

Serves: 6

CChints: There are several Asian items in the recipe and they can be found in most markets on the Asian isle. Ponzu sauce is a citrus flavored soy that has less salt than low sodium soy.

* Your cooking time will depend on if you use rice and which one or rice noodles. Rice can take from 5 – 25 minutes and noodles take less than 10 minutes. Read the package directions carefully so you can decide when is the best time to start cooking. The goal is to have it done with the rest of the dish is ready.



4-6 servings of rice or rice noodles, prepared

3 tablespoons hoisin sauce

1-1/2 teaspoons pure sesame oil, divided

1 tablespoon lite or low sodium soy sauce

2 tablespoons Ponzu sauce

1 teaspoon oyster sauce

2 tablespoons water

1-1/2 teaspoons fresh lemon juice

1 tablespoon orange marmalade

1/2 teaspoon chicken-flavored bouillon granules or about a half a cube

1 glove minced garlic, fresh or from a jar

1 pound boneless, skinless chicken breast, pounded to 1/2 inch thick and cut into small pieces

2 cups chopped fresh mushrooms

3 cups Nappa cabbage, sliced thin. About 1-1/2 pounds will yield 3 cups

1 cup shredded carrots

1 teaspoon lemon zest

Topping - small can of prepared crispy rice noodles

Prepare the rice or noodles according to package directions. See note above about timing.

To prepare the sauce in a mixing bowl, add the hoisin sauce and only 1/2 teaspoon of the oil along with everything else to include the garlic. Blend well and set aside.

Rinse chicken, pat dry and lay on a plate. Roll out about 18 inches of plastic wrap on your work surface. You can leave each chicken breast whole or cut them in half before pounding.

Lay a piece about 3 inches from one end of the plastic wrap and fold the other end over the chicken. With a flat surface meat mallet or heavy skillet, pound each piece about 1/2 inch thick and return it to the plate.

Heat the remaining 1 teaspoon of sesame oil in a large non-stick skillet over medium heat. Add the chicken for 4 minutes until done, stirring occasionally. Slowly add the sauce, Add the mushrooms, cabbage and carrots and cook for 3-5 minutes, stirring often. The cabbage will begin to wilt as it cooks and not take up so much room in the pan.

Check the rice or noodles to be sure it is ready. At the last minute, add the lemon zest to the large skillet, toss and serve over the cooked rice. Sprinkle rice noodles over the top. Enjoy.