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Posted on 17 September 2012  
*by ewfood*

## Chop Suey

## Ingredients

1 large onion, roughly chopped  
2 cloves garlic, minced  
1 tbsp. oil  
250g chicken breast, cubed  
100g chicken liver, sliced  
1 cube chicken or vegetable stock diluted into 1 cup water  
120g shrimps, cleaned  
Salt and pepper to taste  
0.5fl oz. oyster sauce  
1 small cauliflower, roughly chopped  
½ Chinese cabbage, roughly chopped  
2 stalks celery, chopped  
1 red bell pepper, sliced  
1 green bell pepper, sliced  
4oz. snow peas  
3 carrots, sliced  
4oz. bean sprouts  
3 tsp. cornstarch mixed with 4 tsp. water to create a thick paste.

### Servings

4

### Person

### Preparation Time

10

min

### Cooking Time

20

min

## Preparation

- 1 In the oil in a wok or frying pan sauté the onions and garlic until the onion is soft. Add the chicken and sauté until it has turned white. Add the livers and sauté for another 2 minutes
- 2 Pour the stock to the mixture and cover for 5 minutes
- 3 Add the shrimp and oyster sauce and season. Simmer for a couple of minutes
- 4 Add the rest of the vegetables and stir them into the sauce. Cover and simmer for another 5-10 minutes until the vegetables are cooked
- 5 Add the cornstarch paste and stir it in well
- 6 Serve over a bed of boiled/ steamed rice or noodles!

## Cooks Note

Preparation time: 10 minutes; Cooking time: 20 minutes; Serves 4

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