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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