

# CHINESE: CHICKEN AND ASPARAGUS STIR-FRY

Courtesy of Cheryl Chu

Recipe Source: Woks of Life, [https://thewoksoflife.com/wprm\\_print/56631#](https://thewoksoflife.com/wprm_print/56631#)

## Chicken & Asparagus Stir-fry

This chicken and asparagus stir-fry recipe is a healthy dish that's easy and fast to put together. Asparagus is in season right now, so it's the perfect time to try this recipe out!



| Prep Time | Cook Time | Total Time |
|-----------|-----------|------------|
| 20 mins   | 5 mins    | 25 mins    |

Course: Main Course Cuisine: Chinese Servings: 2 Calories: 212kcal  
Author: Sarah

★★★★★  
5 from 60 votes

### Ingredients

#### For the chicken & marinade:

- 6 ounces chicken breast (thinly sliced)
- 0.5 tablespoon water
- 0.5 teaspoon cornstarch
- 0.5 teaspoon oil (any neutral oil, such as vegetable or canola oil)
- 0.5 teaspoon oyster sauce

#### For the rest of the dish:

- 0.25 cup water (or low sodium chicken stock)
- 1 teaspoon cornstarch
- 0.13 teaspoon ground white pepper
- 0.13 teaspoon sugar
- 0.5 tablespoon light soy sauce
- 0.5 tablespoon oyster sauce
- 0.13 teaspoon sesame oil
- 1 tablespoons oil (any neutral oil, such as vegetable or canola oil)
- 0.5 clove garlic (minced)
- 0.5 pound asparagus (end trimmed and sliced on a sharp angle into 2-inch pieces)
- 0.5 tablespoon Shaoxing wine

### Instructions

1. In a medium bowl, combine the sliced chicken, water, cornstarch, oil, and oyster sauce. Mix until the liquid has been absorbed by the chicken. Set aside to marinate for 15-30 minutes.
2. Meanwhile, combine the water (or chicken stock), cornstarch, white pepper, sugar, light soy sauce, oyster sauce, and sesame oil.
3. Heat your wok over high heat until it just starts to smoke, and add 1 tablespoon of oil to coat. Spread the chicken evenly in one layer, and allow it to sear undisturbed for 30 seconds. Stir-fry for another 30 seconds, or until about 75% cooked. Remove from the wok and set aside.
4. Add another tablespoon of oil to the wok, along with the minced garlic. Cook for 15 seconds, and add the asparagus. Stir-fry for 1 minute. Add the Shaoxing wine and stir-fry for another 30 seconds.
5. Meanwhile, mix your sauce mixture to ensure the cornstarch is fully incorporated. Add it to the wok, and bring to a simmer.
6. Add the chicken back to the wok, and stir-fry for another 30 seconds. The sauce should be thick enough to coat a spoon, and the asparagus should be crisp-tender.
7. Taste for seasoning and add additional salt to taste if needed. Serve over rice.

### Nutrition

Calories: 212kcal | Carbohydrates: 7g | Protein: 21g | Fat: 11g | Saturated Fat: 1g | Trans Fat: 1g | Cholesterol: 54mg | Sodium: 518mg | Potassium: 561mg | Fiber: 2g | Sugar: 2g | Vitamin A: 883IU | Vitamin C: 8mg | Calcium: 37mg | Iron: 3mg