

Asparagus, Mushroom and Chicken Stir-Fry

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Servings: 4

Preparation Time: 14 minutes

Start to Finish Time: 30 minutes

*Asparagus, Mushrooms and Chicken Tenders Stir-Fry
with a Lemon Sauce*



1 pound asparagus

6 ounces shiitake mushrooms

3 medium green onions

3/4 pound chicken tenders

MARINADE

1 tablespoon soy sauce

1 tablespoon dry sherry, or Sake (rice wine)

AROMATICS

1 tablespoon minced garlic

2 teaspoons ginger root, minced or grated

SAUCE - Lemon Sauce

1/4 cup fresh lemon juice

3 tablespoons sugar

2 tablespoons low sodium chicken broth

1 tablespoon soy sauce

2 teaspoons lemon zest

1/4 teaspoon kosher salt

1 tablespoon cornstarch

2 tablespoons water

3 tablespoons peanut oil

EQUIPMENT/UTENSILS: cutting board, knife, medium size skillet, saute pan or Wok, several bowls, tongs, plate, spoon

Slice the chicken tenders into 1/4" pieces. In a bowl, combine the 1 T of soy sauce and 1 T dry sherry and add the chicken pieces to marinate.

Wash asparagus, trim the ends and slice the asparagus on the bias into 1 to 2" pieces

Wipe dirt from mushrooms, trim off the stems and slice the caps into 1/2" thick slices

Wash and trim green onions and thinly slice. These will be added after you have stir-fried your chicken and vegetables.

Aromatics: Mince the garlic and ginger root and set aside.

Make your lemon sauce: In a bowl, combine the lemon juice, sugar, chicken broth, soy sauce, lemon zest. In another bowl, combine the cornstarch with the water.

In a medium size saute pan, heat the pan until hot and add 1 1/2 T oil, swirl the oil around to coat the bottom of the pan. Add 1/2 the marinated chicken to pan, sear until chicken is done; remove the cooked chicken to a plate. Add the remaining chicken to the pan and sear until done; remove the chicken to the plate.

Add the remaining oil to the pan and add the asparagus and mushrooms and stir-fry until just tender (about 3 minutes). Add the Aromatics and stir-fry for 30 seconds to release the flavors.

Add the Chicken back into the pan with the vegetables. Add the sauce and coat all the ingredients. Stir in the cornstarch mixture and stir-fry until the sauce thickens and is glossy. If the sauce is too thick, add a tablespoon of water or broth. Finish with the green onions.

Serving Ideas: Serve with rice

Cuisine: Family Cookbook