



# Chicken in Spicy Black Bean Sauce

Prep time: 20 minutes

Servings: 4

## Start by getting this:

- 12 ounces chicken breast - cut in 1/4" strips
- 2/3 cup chicken stock
- 1 teaspoon sesame oil
- 1 teaspoon peanut oil
- 4 green onions - sliced
- 6 ounces mushroom - sliced
- 8 ounces broccoli florets
- 1/4 cup black beans, cooked
- 2 teaspoons cornstarch
- 1 teaspoon water
- 2/3 cup dry sherry
- 2 tablespoons soy sauce
- 1 teaspoon light brown sugar
- 1 garlic clove - minced
- 2 teaspoons fresh ginger root - grated
- 1 red chile - thinly sliced

## Now, prepare!

### Step One:

In a shallow bowl, combine sherry, soy sauce, brown sugar, garlic, ginger, and chiles; stir well. Stir in chicken, cover and refrigerate at least 1 hour. Lift from bowl with a slotted spoon; measure marinade and add enough stock to make 1 1/4 cups. Set aside.

### Step Two:

In a wok or large frying pan, heat sesame and peanut oil over high heat. Add chicken and stir fry until browned (4 minutes).

### Step Three:

Add green onions, mushrooms, broccoli, and black beans; stir fry until broccoli is tender-crisp (5 minutes).

### Step Four:

In a small cup, mix cornstarch and water together. Add cornstarch mixture to stock-marinade mixture. Pour into pan and cook, stirring constantly, until sauce is thickened.