

Moo Goo Gai Pan: Easy Homemade Chicken & Mushroom Stir-Fry

Craving a classic Chinese stir-fry that's light, healthy, and incredibly flavorful? This



TIME
2 min

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INGREDIENTS

- 2 tablespoons vegetable oil, divided
- 2 cups chopped broccoli florets
- 1 cup sliced fresh mushrooms (cremini or button)
- 1 (15 ounce) can whole straw mushrooms, drained
- 1 (8 ounce) can sliced bamboo shoots, drained
- 1 (8 ounce) can sliced water chestnuts, drained
- 2 cloves garlic, minced
- 1 pound skinless, boneless chicken breast, cut into strips
- ... cup chicken broth
- 1 tablespoon cornstarch
- 1 tablespoon white sugar
- 1 tablespoon soy sauce
- 1 tablespoon oyster sauce
- 1 tablespoon rice wine (Shaoxing wine or dry sherry)

Swaps and Notes:

Vegetable Oil: A neutral-flavored oil with a high smoke point is ideal for stir-frying.

Broccoli: Fresh broccoli florets are perfect. You can also use snow peas, sliced carrots, or bell peppers.

Fresh Mushrooms: Cremini (baby bella) or white button mushrooms add earthy flavor.

Canned Vegetables: Straw mushrooms, bamboo shoots, and water chestnuts are characteristic of Moo Goo Gai Pan and add unique textures. Ensure they are

well-drained.

Garlic: Freshly minced garlic provides the best aromatic flavor.

Chicken Breast: Skinless, boneless chicken thighs can also be used for a juicier result. Slice into thin strips for quick cooking.

Chicken Broth: Low-sodium chicken broth is recommended to control saltiness.

Cornstarch: Essential for thickening the sauce and giving it a glossy finish.

White Sugar: Balances the savory and tangy flavors.

Soy Sauce: Use regular or low-sodium soy sauce.

Tamari for a gluten-free option.

Oyster Sauce: Adds a rich, savory, umami depth. If you have a shellfish allergy, look for vegetarian "oyster sauce" made from mushrooms.

Rice Wine: Shaoxing wine (Chinese cooking wine) is traditional. Dry sherry is a good substitute. Do not use rice vinegar, which is too acidic.

DIRECTIONS

1. Let's get this delicious : Moo Goo Gai Pan stir-frying!
2. **Stir-: Fry Vegetables:** Heat 1 tablespoon of vegetable oil in a wok or a large, heavy-bottomed skillet over high heat until it begins to smoke slightly. Add the chopped broccoli florets and sliced fresh mushrooms. Stir-fry constantly for about 2 minutes. Then, add the drained canned straw mushrooms, bamboo shoots, and water chestnuts. Continue to stir-fry for about 3 minutes more, or until the broccoli is tender-crisp and all the vegetables are heated through. They should still retain some crunch. Transfer the cooked vegetables to a large bowl and wipe out the wok (or skillet) with a paper towel.
3. **Stir-: Fry Chicken:** Heat the remaining 1 tablespoon of vegetable oil in the cleaned wok over high heat until it begins to smoke. Add the minced garlic and stir-fry for just a few seconds until it turns golden and becomes fragrant. Immediately add the chicken breast strips. Stir-fry until the chicken is browned on the edges and no longer pink in the center, about 5 minutes.
4. **Prepare & : Add Sauce:** While the chicken is cooking, in a small bowl, whisk together the chicken broth, cornstarch, white sugar, soy sauce, oyster sauce, and rice wine until the cornstarch is completely dissolved and the mixture is smooth. Pour this sauce mixture over the cooked chicken in the wok. Bring the sauce to a boil, stirring constantly. Boil until the sauce thickens and is no longer cloudy, which should take about 30 seconds to 1 minute.

5. **Combine & Finish:** Return all the previously stir-fried vegetables to the wok with the chicken and thickened sauce. Toss everything well to coat all the ingredients evenly with the sauce. Cook for about 1 minute, stirring, just until everything is heated through.
6. **Serve:** Remove from heat and serve hot.

SWAPS & NOTES

It's a refreshing change from heavier stir-fries, incredibly healthy, and comes together so fast in a single wok, making it a perfect solution for busy evenings.

Broccoli: Fresh broccoli florets are perfect.

You can also use snow peas, sliced carrots, or bell peppers.

Fresh Mushrooms: Cremini (baby bella) or white button mushrooms add earthy flavor.

TIPS FOR SUCCESS

High Heat Stir-Frying: Wok cooking relies on high heat and quick motion.

Ensure your wok is very hot before adding ingredients, and don't overcrowd the pan.

Prep All Ingredients First: "Mise en place" is crucial for stir-fries.

Have all your ingredients chopped, measured, and ready to go before you start cooking, as the process moves very quickly.

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