

Chop Suey (Chicken Stir Fry): Easy & Healthy Homemade Recipe

Chop Suey (Chicken Stir Fry)



TIME
1-2 min

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INGREDIENTS

- 1 lb chicken breast, thinly sliced
 - 2 tablespoons vegetable oil
 - 1 onion, thinly sliced
 - 2 cloves garlic, minced
 - 1 cup sliced celery
 - 1 cup sliced bell peppers (red and green recommended for color)
 - 1 cup sliced mushrooms (cremini or button)
 - 1 cup bean sprouts
 - 1 cup broccoli florets
 - 1 cup snow peas
 - 1/4 cup soy sauce
 - 2 tablespoons oyster sauce
 - 1 tablespoon cornstarch
 - 1/4 cup chicken broth (low-sodium recommended)
 - 1 tablespoon sesame oil (toasted sesame oil recommended)
 - Cooked white rice, for serving
 - Chopped green onions for garnish
- Swaps and Notes:
- Chicken Breast: Thinly sliced boneless, skinless chicken thighs can be used for a juicier result.
 - Vegetable Oil: A neutral-flavored oil with a high smoke point is ideal for stir-frying.
 - Onion & Garlic: Fresh aromatics are key.
 - Vegetables: This recipe uses a classic Chop Suey

medley. Feel free to customize with other quick-cooking stir-fry friendly vegetables like carrots (matchstick cut), baby corn, or bok choy. Ensure vegetables are sliced thinly for even and quick cooking.

Bean Sprouts: Add bean sprouts at the very end to keep them crisp.

Soy Sauce: Use regular or low-sodium soy sauce. Tamari for a gluten-free option.

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

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

Chicken Broth: Low-sodium chicken broth is recommended to control saltiness. Vegetable broth can be substituted.

Sesame Oil: Toasted sesame oil adds a distinct nutty aroma; add it at the very end to preserve its flavor.

Cooked White Rice: Jasmine or long-grain white rice is traditional for serving. Brown rice can also be used.

Green Onions: Adds freshness and a mild oniony bite for garnish.

DIRECTIONS

1. Let's get this delicious : Chop Suey stir-frying!
2. Prepare the : Sauce: In a small bowl, combine the 1/4 cup soy sauce, 2 tablespoons oyster sauce, 1 tablespoon cornstarch, and 1/4 cup chicken broth. Whisk everything together until the cornstarch is completely dissolved and the mixture is smooth. Set this sauce mixture aside.
3. Cook : Chicken: Heat 1 tablespoon of vegetable oil in a large wok or a large, heavy-bottomed skillet over medium-high heat. Once the oil is hot, add the thinly sliced chicken breast. Stir-fry the chicken until it is fully cooked through and no longer pink. Remove the cooked chicken from the wok and set it aside on a plate.
4. SautØ Aromatics: In the same wok, add a bit more vegetable oil if needed (about 1 tablespoon). Add the thinly sliced onion and minced garlic. Stir-fry for about 1-2 minutes until the garlic is fragrant and the onion begins to soften.
5. Stir-: Fry Vegetables (Except Bean Sprouts): Add the sliced celery, sliced bell peppers (red and green), sliced mushrooms, and broccoli florets to the wok. Stir-fry for 4 minutes, stirring constantly, until the vegetables are tender-crisp - they should still have a slight bite and retain their vibrant color.
6. Return : Chicken & Add Sauce: Return the cooked chicken to the wok with the vegetables. Give the prepared soy sauce mixture a quick whisk again (as cornstarch can settle) and pour it over everything in the wok. Stir well to coat all the chicken and vegetables evenly with the sauce. Cook for another 3 minutes, stirring constantly, until the sauce thickens

and becomes glossy.

7. **Add : Bean Sprouts & Sesame Oil:** Add the snow peas and bean sprouts to the wok. Drizzle with 1 tablespoon of sesame oil. Stir briefly to combine and heat through for about 1 minute. The bean sprouts should remain crisp.
8. **Serve:** Remove from heat and serve hot immediately over cooked white rice, garnished with chopped green onions.

SWAPS & NOTES

Chicken Breast: Thinly sliced boneless, skinless chicken thighs can be used for a juicier result.

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

Onion & Garlic: Fresh aromatics are key.

Vegetables: This recipe uses a classic Chop Suey medley.

TIPS FOR SUCCESS

"Mise en Place" is Key: Have all your ingredients chopped, measured, and ready to go before you start cooking, as stir-fries cook very quickly.

High Heat Stir-Frying: Cook at medium-high to high heat.

This ensures vegetables get tender-crisp and chicken browns nicely without steaming.

Don't Overcrowd the Wok: Cook in batches if necessary, especially the chicken, to ensure proper browning.

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