

Authentic Moo Goo Gai Pan: Easy Chinese Chicken & Vegetable Stir-Fry

Moo Goo Gai Pan: A Light, Flavorful, and Quick Chinese Stir-Fry at Home!



TIME
30 min

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ChefManiac

INGREDIENTS

1 pound boneless, skinless chicken breasts, thinly sliced (about ...-inch thick)
 1 large egg white
 2 tablespoons + 1 teaspoon cornstarch, divided use
 1 tablespoon vegetable oil, divided use (1 tsp for veggies, 2 tsp for chicken)
 2 teaspoons minced garlic
 1 teaspoon minced ginger
 2 cups sliced mushrooms (cremini or white button)
 1 cup snow peas
 ½ cup thinly sliced carrots
 1 (8-ounce) can sliced water chestnuts, drained
 1 (8-ounce) can sliced bamboo shoots, drained
 ¾ cup chicken stock (low sodium preferred)
 1 ½ teaspoons sugar
 1 tablespoon soy sauce (low sodium preferred)
 1 ½ teaspoons sesame oil (toasted sesame oil recommended)
 Salt and black pepper to taste

DIRECTIONS

1. **1. Prepare & Marinate Chicken:** In a medium bowl, whisk together the 1 large egg white and 1 tablespoon of cornstarch until smooth. Add the thinly sliced chicken breast and toss to coat completely. Refrigerate for at least 30 minutes. This process, known as velveting, will make the chicken incredibly tender. After marinating, strain the chicken in a colander and discard any excess liquid.
2. **2. Cook Vegetables (First Batch):** In a large wok or a large saucepan (one that has a lid), heat 1 teaspoon of vegetable oil over medium-high heat. Add the thinly sliced carrots and 1 tablespoon of water. Cook for 2-3 minutes, stirring constantly, until the carrots are slightly tender-crisp. Add the sliced mushrooms and cook for 3-4 minutes, stirring occasionally, until the mushrooms are browned and tender, releasing their moisture.
3. **3. Add Remaining Vegetables & Season:** Add the snow peas to the pan and cook for 1-2 minutes more, stirring, or until they are tender-crisp and bright green. Stir in the drained water chestnuts and drained bamboo shoots. Season the cooked vegetables to taste with salt and pepper. Remove all the vegetables from the pan and place them on a plate. Cover the plate loosely with aluminum foil to keep the vegetables warm.
4. **4. Cook Chicken & Aromatics:** Wipe out the pan with a paper towel to remove any small bits. Heat the remaining 2 teaspoons of vegetable oil over medium-high heat. Add the marinated and strained chicken to the hot pan. Season with salt and pepper to taste. Cook, stirring occasionally, until the chicken

is cooked through and lightly golden, about 3-4 minutes. Add the 2 teaspoons minced garlic and 1 teaspoon minced ginger to the pan with the chicken. Cook for 30 seconds more, stirring constantly, until fragrant.

5. 5. Prepare & Thicken Sauce: In a small bowl, whisk together the $\frac{3}{4}$ cup chicken stock, 1 $\frac{1}{2}$ teaspoons sugar, 1 tablespoon soy sauce, and 1 $\frac{1}{2}$ teaspoons sesame oil. In a separate tiny bowl, whisk in the remaining 1 tablespoon + 1 teaspoon of cornstarch until smooth to create a slurry. Add this cornstarch slurry to the stock mixture and whisk until combined.
6. 6. Combine & Finish: Add the cooked vegetables back into the pan with the chicken. Heat through for approximately 1 minute, tossing gently. Pour the prepared sauce mixture into the pan. Increase the heat to high. Bring the sauce to a boil and boil for approximately 1 minute, or until the sauce has just started to thicken to a glossy consistency, stirring occasionally. Be careful not to overcook the sauce or it will become too thick.
7. 7. Serve: Serve immediately, hot and fresh, over fluffy white rice if desired. Enjoy your homemade Moo Goo Gai Pan!

SWAPS & NOTES

Chicken: Boneless, skinless chicken breasts are traditional. Chicken thighs can also be used, sliced thinly.

The egg white and cornstarch marinade is key for the "velveting" effect, which tenderizes the chicken and gives it a silky texture.

Cornstarch: Essential for velveting the chicken and thickening

the sauce.

TIPS FOR SUCCESS

Velvet the Chicken: The egg white and cornstarch marinade is key to achieving tender, silky chicken.

Prep All Ingredients (Mise en Place): This dish cooks quickly, so have all your vegetables sliced and sauces mixed before you start stir-frying.

High Heat: Stir-frying requires high heat to cook ingredients quickly and retain their crisp-tender texture.

Don't Overcrowd the Pan: Cook chicken and vegetables in batches if your wok or pan isn't large enough.

More recipes: [ChefManiac.com](https://chefmaniac.com)

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