

LING LEE'S CHINESE CUISINE – Gary Cooper

Sliced Chicken in Black Bean Sauce

2 chicken breasts, sliced thinly
1 green pepper, chopped
1 Spanish onion, sliced
1 cup mushrooms, sliced

2 tbsp oil
Salt & sugar (1/4 tsp each)
2 tbsp black bean sauce
Potato or tapioca starch

Heat wok, add chicken and cook till lightly browned. Remove and set aside. Add peppers, onions, & mushrooms and stir fry for 3 min. Add chicken and seasonings. Mix potato or tapioca starch with cold water to make a paste. Add to chicken & veggies and stir till thickened and shiny.

Serve on a bed of white rice and garnish with green onions.