

Mu Shu Chicken

 Dairy Free

READY IN



100 min.

SERVINGS



6

CALORIES



483 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup bamboo skewers shaved drained
- ☐ 3 tablespoons sesame seed black toasted
- ☐ 1 cup button mushrooms sliced
- ☐ 3 tablespoons canola oil
- ☐ 0.5 cup carrots julienned
- ☐ 2 eggs
- ☐ 4 eggs beaten
- ☐ 0.8 cup flour all-purpose

- ☐ 6 servings cilantro leaves fresh for serving, optional
- ☐ 3 tablespoons ginger fresh minced peeled
- ☐ 1 tablespoon garlic minced
- ☐ 0.5 medium head cabbage shredded green finely
- ☐ 0.3 cup hoisin sauce plus more for serving
- ☐ 6 servings kosher salt and pepper black freshly ground
- ☐ 3 tablespoons soya sauce low-sodium
- ☐ 2 tablespoons mirin
- ☐ 0.5 large head napa cabbage shredded finely
- ☐ 0.5 medium head purple cabbage shredded finely
- ☐ 1 pepper red julienned seeded
- ☐ 0.3 cup rice flour
- ☐ 0.5 teaspoon salt
- ☐ 1 small bunch scallions shaved finely
- ☐ 2 scallions finely sliced
- ☐ 0.1 teaspoon sesame oil toasted
- ☐ 1.5 tablespoons sesame oil
- ☐ 1 pound chicken thighs boneless skinless sliced
- ☐ 6 servings sriracha for serving, optional
- ☐ 0.3 cup water chestnuts drained sliced
- ☐ 0.5 onion yellow thinly sliced

Equipment

- ☐ frying pan
- ☐ ladle
- ☐ whisk
- ☐ mixing bowl
- ☐ wok
- ☐ kitchen towels

- ☐ spatula
- ☐ slotted spoon

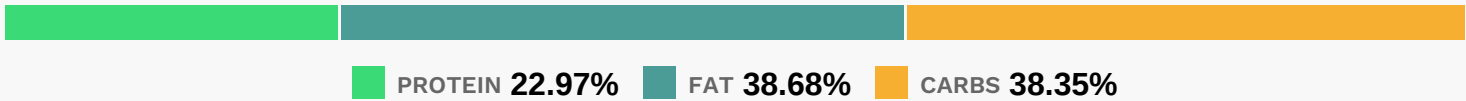
Directions

- ☐ Watch how to make this recipe.
- ☐ Whisk the hoisin, soy, mirin, sesame oil, garlic and ginger in a mixing bowl. Season with salt and pepper.
- ☐ Add the sliced chicken and toss to coat evenly. Marinate the chicken, covered, at room temperature for 20 to 30 minutes.
- ☐ Once 5 minutes of marinating time remains, heat a large wok or skillet over high heat and add 2 tablespoons of the canola oil to heat. Using a slotted spoon, strain the chicken add to the very hot wok or skillet. Cook, allowing it to brown, stirring occasionally, about 2 minutes.
- ☐ Add the red bell pepper and the onion slices, allowing them to soften, another minute. Next, add the cabbages and carrots and cook, stirring occasionally, until just browning, about 2 minutes. Push the chicken and vegetables to the side of the wok and stir in the mushrooms, bamboo shoots and water chestnuts.
- ☐ Remove from the heat and set aside, keeping warm.
- ☐ Place a nonstick skillet over medium heat and add the remaining 1 tablespoon canola oil.
- ☐ Add the beaten eggs to the skillet, allowing to scramble, 2 to 3 minutes. Once cooked, break up the eggs with a rubber spatula and add to the chicken. Toss to combine.
- ☐ Spread about 1 tablespoon hoisin sauce on each Chinese Crepes with Scallions. Top with some mu shu chicken, sesame seeds and scallions.
- ☐ Add cilantro leaves if desired.
- ☐ Roll up like a crepe and serve with Sriracha if desired.
- ☐ In a medium glass mixing bowl, whisk the flours, salt, 1 cup water, the sesame oil and eggs; the batter should be smooth and free of lumps.
- ☐ Heat a crepe pan or 8-inch nonstick skillet over medium heat. Very lightly coat the skillet with nonstick cooking spray. Ladle in 1/4 cup of the batter. Gently rotate the skillet for a few seconds, swirling the batter to create a thin, even layer over the bottom.
- ☐ Add 1 to 2 tablespoons scallions to each pancake at this point. Cook the pancake until the underside is pale and just firmed up, about 1 minute.
- ☐ Flip the pancake over and cook for another 30 seconds.

☐

Remove from the skillet and transfer to a plate and cover with a kitchen towel. Continue with the rest of the batter until all the pancakes have been made. Keep warm until ready to serve.

Nutrition Facts



Properties

Glycemic Index:104.81, Glycemic Load:16.35, Inflammation Score:-10, Nutrition Score:37.802608614383%

Flavonoids

Cyanidin: 146.71mg, Cyanidin: 146.71mg, Cyanidin: 146.71mg, Cyanidin: 146.71mg Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 3.33mg, Quercetin: 3.33mg, Quercetin: 3.33mg, Quercetin: 3.33mg

Nutrients (% of daily need)

Calories: 482.61kcal (24.13%), Fat: 21.22g (32.65%), Saturated Fat: 3.72g (23.24%), Carbohydrates: 47.33g (15.78%), Net Carbohydrates: 39.71g (14.44%), Sugar: 14.71g (16.35%), Cholesterol: 235.96mg (78.65%), Sodium: 957.96mg (41.65%), Alcohol: 0.57g (100%), Alcohol %: 0.15% (100%), Protein: 28.36g (56.72%), Vitamin C: 117.34mg (142.23%), Vitamin K: 143.82µg (136.97%), Vitamin A: 3841.24IU (76.82%), Selenium: 41.65µg (59.5%), Vitamin B6: 1.07mg (53.73%), Manganese: 0.95mg (47.71%), Folate: 190.13µg (47.53%), Vitamin B2: 0.7mg (40.96%), Phosphorus: 394.66mg (39.47%), Vitamin B3: 7.6mg (38%), Fiber: 7.62g (30.47%), Potassium: 1016.4mg (29.04%), Vitamin B1: 0.42mg (28.01%), Iron: 4.66mg (25.86%), Vitamin B5: 2.48mg (24.77%), Magnesium: 92.35mg (23.09%), Copper: 0.45mg (22.5%), Calcium: 218.16mg (21.82%), Zinc: 3.1mg (20.64%), Vitamin E: 2.81mg (18.76%), Vitamin B12: 0.88µg (14.7%), Vitamin D: 0.91µg (6.08%)