

STIR-FRIED CHICKEN AND SNOW PEAS WITH GINGER AND HONEY

By Diane Unger

4-6 SERVINGS

This stir-fry is our riff on a recipe from “Simple Chinese Cooking” by Australian chef Kylie Kwong. We love her match of syrupy honey and spicy ginger with savory-sweet oyster sauce and aromatic Chinese five-spice. Our addition of snow peas brightens the color, adds a little snap and makes this a one-pan meal. The chicken marinates for 15 minutes before cooking; this is a good time to prep the snow peas. Serve with steamed rice.

Tip: don't add the chicken to the skillet until the oil begins to smoke. A very hot pan achieves quick browning and liquid reduction without overcooking the lean chicken breast.

STIR-FRIED CHICKEN AND SNOW PEAS WITH GINGER AND HONEY (MOD RG)

4 Servings - Prep time 40 minutes

Ingredients

1/4	cup oyster sauce
3	tablespoons dry sherry
2	tablespoons soy sauce
1	tablespoon honey, plus more to serve
1	teaspoon Chinese five-spice powder
	Kosher salt and ground black pepper

1 1/2	pounds boneless, skinless chicken thighs
3	inch piece (2 ounces) fresh ginger, peeled and thinly sliced

2	tablespoons grapeseed or other neutral oil
5	ounces snow peas, trimmed

Directions

1. In a medium bowl, whisk together the oyster sauce, sherry, soy sauce, honey, five-spice and 1/2 teaspoon pepper. Stir in the chicken and ginger. Let stand at room temperature for 15 minutes.
2. In a 12-inch skillet over medium-high, heat the oil until barely smoking.
3. Make sure you have a spatter screen ready!!! Using a slotted spoon, remove chicken and ginger to a separate plate. Reserve the marinade for step 5.
4. Add chicken and ginger to the skillet in an even layer, and quickly cover with spatter screen. Cook without stirring until lightly browned and the drippings at the edges of the pan are deeply caramelized, about 4 minutes.
5. Add the snow peas and reserved marinade, then cook, stirring and scraping up any browned bits, until the peas are crisp-tender and the chicken is opaque throughout, another 3 minutes.
6. Taste and season with salt and pepper. Serve drizzled with additional honey, if desired.

Tip: Don't add the chicken to the skillet until the oil begins to smoke. A very hot pan achieves quick browning and liquid reduction without overcooking the lean chicken breast.

<https://www.177milkstreet.com/recipes/snow-pea-honey-stir-fried-chicken>

STIR-FRIED CHICKEN AND SNOW PEAS WITH GINGER AND HONEY (ORIG)

4 Servings - Prep time 40 minutes

Ingredients

1/4	cup oyster sauce
3	tablespoons dry sherry
2	tablespoons soy sauce
1	tablespoon honey, plus more to serve
1	teaspoon Chinese five-spice powder
	Kosher salt and ground black pepper

1 1/2	pounds boneless, skinless chicken breasts, cut crosswise into thin slices
3	inch piece (2 ounces) fresh ginger, peeled and thinly sliced

2	tablespoons grapeseed or other neutral oil
5	ounces snow peas, trimmed

Directions

1. In a medium bowl, whisk together the oyster sauce, sherry, soy sauce, honey, five-spice and 1/2 teaspoon pepper. Stir in the chicken and ginger. Let stand at room temperature for 15 minutes.
2. In a 12-inch skillet over medium-high, heat the oil until barely smoking.
3. Using a slotted spoon, add the chicken and ginger to the skillet in an even layer; reserve the marinade. Cook without stirring until lightly browned and the drippings at the edges of the pan are deeply caramelized, about 3 minutes.
4. Add the snow peas and reserved marinade, then cook, stirring and scraping up any browned bits, until the peas are crisp-tender and the chicken is opaque throughout, another 3 minutes.
5. Taste and season with salt and pepper. Serve drizzled with additional honey, if desired.

Tip: Don't add the chicken to the skillet until the oil begins to smoke. A very hot pan achieves quick browning and liquid reduction without overcooking the lean chicken breast.

RG note – I found it too easy to overcook some pieces of the chicken breast.

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