

Garlic-Mushroom Chicken Thigh Stir-Fry

This stir-fry is flavorful and full of assorted vegetables. I use the Better than Bouillon® garlic paste in my sauce, but feel free to use a different brand. Serve with cooked rice or chow mein noodles.

Recipe by Laura Blanchard | Created on **Mar 11, 2022**

Ingredients

- 1 cup water
- 2 tablespoons brown sugar
- 2 tablespoons vinegar
- 1 ½ tablespoons soy sauce
- 1 ½ teaspoons sesame oil
- 1 teaspoon garlic paste
- 1 teaspoon fish sauce
- 1 teaspoon oyster sauce
- 2 teaspoons tapioca flour
- 1 tablespoon sesame oil
- 1 green bell pepper, sliced into strips
- 4 ounces portobello mushrooms, sliced
- 1 small onion, cut into wedges
- 8 ounces skinless, boneless chicken thighs, cut into bite-sized pieces
- 2 cloves garlic, sliced
- ½ teaspoon minced fresh ginger

Directions

- Combine water, brown sugar, vinegar, soy sauce, sesame oil, garlic paste, fish sauce, and oyster sauce in a bowl. Dissolve tapioca flour in soy sauce mixture to make the sauce. Set aside.
- Heat sesame oil in a large wok. Add bell pepper, mushrooms, and onion. Cook, stirring occasionally, until vegetables have softened, about 5 minutes. Add chicken and cook until chicken is no longer pink inside and juices run clear, about 5 minutes. Add sliced garlic; cook and stir until garlic is fragrant, about 1 minute. Pour in sauce. Cook and stir until sauce thickens slightly, about 5 minutes.

Nutrition Facts

Serving: **2 servings** | Calories: **409.9 kcal** | Carbohydrates: **29.2 g** | Protein: **23.6 g** | Saturated fat: **4.6 g** | Cholesterol: **73.2 mg** | Sodium: **1041 mg** | Fiber: **2.7 g** | Sugar: **17.4 g**

Categories

World Cuisine Recipes

Asian