

Asparagus Chicken with Black Bean Sauce

Sally loves the flavor of this dish.

Ingredients:

- 4 tsp. cornstarch (divided)
- 4 tsp. soy sauce (divided)
- 2 tsp. dry sherry
- 1 lb. chicken breast
- 3 1/2 Tbsp. vegetable oil
- 1 lb. asparagus
- 2 Tbs. dried black beans
- 1 clove garlic
- 1 medium onion
- 1/4 tsp. sugar
- 1/2 tsp. chicken bouillon concentrate



Equipment:

- Wok and tools
- 2 bowls

Preston 20

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<input checked="" type="checkbox"/>	Directions	Time (min)	
	In a bowl, combine 1 tsp. cornstarch, 1 tsp. soy sauce, 2 tsp. sherry, and 1 tsp. water	2	
	Cut chicken breast into bite-size pieces and add to the bowl. Toss to coat.	5	
	Stir in 1 1/2 tsp. oil and let stand to marinate		
	Soak 2 Tbsp. black beans in water	15	
	In another bowl, 1/2 tsp. chicken bouillon with 1/2 cup water	1	
	To the bullion, add 1 Tbsp. cornstarch, 1 Tbsp. soy sauce, and 1/4 tsp. sugar to create a cooking sauce	2	
	Wash asparagus, break off tough ends, cut into 1/2" pieces at an angle	5	19
	Rinse and drain 2 tsp. black beans. Chop finely.	4	
	Mince 1 clove of garlic	2	
	Peel and cut 1 medium onion into wedges and then separate into layers	3	
	In a wok, heat 2 Tbsp. oil. Add beans and garlic.	2	
	Add chicken and stir fry until opaque	3	
	Remove chicken to another dish	1	
	Add 1 Tbsp. of oil and heat. Add asparagus and onion and fry for 1/2 minute	1	
	Add 2 Tbsp. water, cover and steam. Stir occasionally until crisp-tender.	2	
	Return chicken to the wok and stir	1	
	Stir cooking sauce to combine cornstarch. Add to wok and stir. Bring to a boil to thicken.	2	
	Total:	29	