

Chicken Run

Janie Chua, dietitian, National Healthcare Group Polyclinics, shows you how to whip up two tasty chicken recipes to whet everyone's appetite.

Steamed Chicken with Black Mushroom

Serves 4

Ingredients

400g chicken thigh, skin removed, chopped into pieces

4 chinese mushrooms, soaked, cut into halves

½ stalk spring onion, chopped

2 tbsp light soy sauce

½ tbsp chinese/cooking wine

1 tbsp cornstarch

1 tbsp water

1 tsp sesame oil



Method

1. Marinate chicken and mushrooms evenly with light soy sauce, cooking wine, cornstarch and water.
2. Arrange marinated ingredients on a plate and steam for 20 mins or until cooked.
3. Garnish with spring onion and drizzle sesame oil before serving.

Nutrient Analysis Per Serving

Energy	150 Cals
Carbohydrate	5g
Fat	5g
Saturated fat	1.2g
Cholesterol	83mg
Dietary fibre	0.1g
Sodium	708mg
Carbohydrate Exchanges	0.5 exchanges