

# Steamed Chicken Breast with Soy Mushroom Sauce

Serves 4

by Wong Yuefen, dietitian  
National Healthcare Group Polyclinics

## Ingredients

8 pieces dried Chinese mushrooms  
1 Tablespoon light soy sauce  
1 Tablespoon rice wine  
½ teaspoon sesame oil  
1 Tablespoon finely sliced fresh ginger  
2 chicken breast fillets (about 200g each),  
trimmed and halved  
450g bok choy, ends removed and cut  
lengthways into quarters  
125ml chicken stock  
1 Tablespoon cornflour

Nutrition Information (Per Serving)	
Energy	170 kcal
Protein	20 g
Total Fat	2.5 g
Saturated Fat	0.7 g
Cholesterol	45 mg
Carbohydrate	5 g
*Carbohydrate exchange	0.5 exchange
Dietary Fibre	2.0 g
Sodium	324 mg

## Method

1. Soak the mushrooms in 60ml (1/4 cup) boiling water for 20 minutes. Drain and reserve the liquid. Discard the stalks and slice the caps finely.
2. Combine the soy sauce, rice wine, sesame oil and ginger in dish. Add the chicken to the marinade and turn to coat. Cover and marinate for 1 hour.
3. Place the chicken in a steamer, reserving the marinade and steam for 7 minutes. Put the bok choy on top of the chicken and steam for 2-3 minutes.
4. Meanwhile, place the reserved marinade, mushrooms and their soaking liquid in a small saucepan and bring to the boil. Add enough stock to the cornflour in a small bowl to make a smooth paste. Add the cornflour paste and remaining stock and stir for 2 minutes over medium heat, or until the sauce thickens.
5. Place some bok choy and a chicken fillet on each serving plate, then pour on a little sauce. Serve with rice.

